

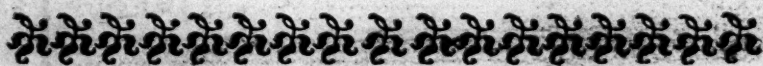
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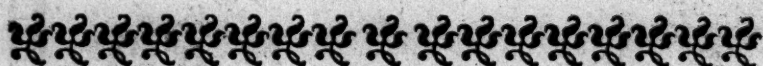
THE FAMILY COMPANION for
HEALTH: Or, Plain, Easy and
certain Rules, which being punctually ob-
served and followed, will infallibly keep
Families free from Diseases, and procure them
a Long Life. Design'd for the Direction of
all Charitable House-Keepers, in admi-
nistring Kitchen Physick in their Families.

By a MEMBER of the COLLEGE of PHYSICIANS.

Proba est materia, si probum adhibeas artificem.
PLAUT.

Printed for *F. Fayram*, under the *Royal*
Exchange in *Cornhill*; and *J. Leake*, Book-
seller, in *Bath*.





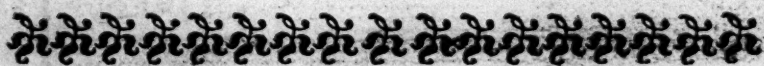
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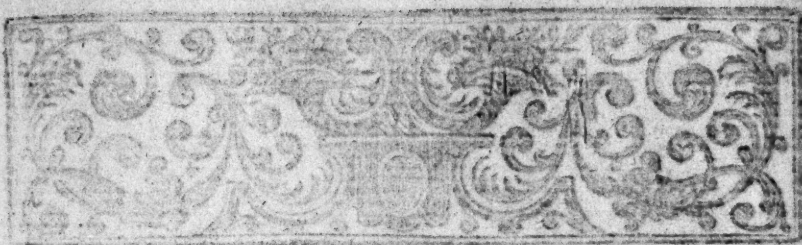




ADVERTISEMENT
TO THE
READER.

THE SECOND PART of the
Family Companion for Health,
ought to have accompanied the First ;
but fearing the Bulk would be too
great for one Volume, we judg'd it
proper to print this and the First Part
in Two Tomes.

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P R E-



ADVERTISEMENT

TO THE

R. H. A. D. E. R.

THE

ought to have accompanied the

but fearing the Bulk would be too

great for one Volume we have

proper to print this and the

in two Volumes

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THE
Practical **PHYSICIAN**
FOR
TRAVELLERS,
Whether By
SEA or LAND.

GIVING
DIRECTIONS how Persons on
VOYAGES and JOURNIES, may remedy
the DISEASES incident to them, without
the sorry Assistances they often meet with
on the SEAS or ROADS.

To which is annex'd,

A Genuine LETTER from Dr. RADCLIFFE, to the
late Duke of ORMONDE, when Commander in Chief of her
late MAJESTY'S Forces in *Flanders*, concerning his HEALTH,
and MEDICINES prescribed for him conducive thereto.

With proper REFLEXIONS, directing to what *other Diseases*
those *Medicines* may be apply'd.

By a Member of the COLLEGE of PHYSICIANS,
Author of the *Family Companion for HEALTH*;
To which Piece this TREATISE is intended for a
SUPPLEMENT, and compleats the whole Design.

L O N D O N:

Printed for FRAN. FAYRAM, under the *Royal Exchange*; and
J. LEAKE, Bookseller in *Bath*.

M. DCC. XXIX.



PREFACE

TO THE

READER.

 *N the first Part of these Sheets, I have shewed my Readers how to avoid Inconveniencies from the Six Non-natural Causes, as well as from fortuitous ones; and in this I have taken the Pains to shew them how to apply proper Assistance for Diseases generated: This is all my Profession can do to Mankind; for if I shew how to prevent impending Evils, and to remedy the present,*

Preface to the READER.
*present, I shew how to avoid Mistakes,
and to amend them.*

*I think it a great Happiness to me,
that I have done so charitable an Office
to the World; I have not advanc'd any
thing either in this latter or the former
Part of this Work, which does not
square exactly with all Experience,
and therefore the Persons into whose
Hands they may fall, may depend upon
the Directions and Measures given
them with Safety and Satisfaction:
Wherefore I wish them all Success, and
do assure them, if they will comply with
my Rules, they will find what I have
promis'd in the Title Pages of these
Sheets.*



THE



THE
PRACTICAL PHYSICIAN
FOR
TRAVELLERS.



By Necessity, Curiosity, the
Commands of Princes or Pa-
rents often oblige Mankind
to travel into foreign Parts,
or through our own Country,
or to encamp in open Fields ;
and as we take long Voyages by Sea to
procure Riches to our selves, or to such as
employ us, it is not at all new for Man-
kind to change their Places of Abodes, and
to be subject to all the Inconveniencies of
Roads, and the Injuries of the Air, of Cold,
of wet Linnen, ill Dyet, and to many other
Misfortunes, by which Lives are often endan-
gered ; wherefore, upon such Accounts
have I ventured to offer this small Treatise
to the World, that they whose Manner of

B

Life

Life obliges them to travel by Sea or Land, or encamp, may know whether they are likely to be well treated or not by such as are called to assist them.

FOR all the World upon travelling change their Manner of Living, by conforming to that of the Countries through which they travel, or by being obliged to take up with such Fare as the Places they are obliged to travel through afford them, which, if they had lived at home, they could have easily avoided, since they well know how to provide according to their own Liking and Taste, as well as know what us'd to agree with them; and there are very few or none that are not very well apprized how dangerous all sudden Changes are in our Way of Living, and what may not be said of Persons obliged to travel or encamp, when they have no Opportunities to provide against the Evils of the Day: If therefore at any time a Fault be committed in our common Regulation of Life, which makes us suffer severely for it, what have we not to dread from a continued Series of Mistakes, which our Necessities oblige us to commit upon the Roads or in Camps? which is too evident to be disputed. The Places we travel through, the Change of Air, the unusual Diet we meet with, the various Sorts of Liquor, the Seasons of Travelling, our sitting up late, and rising early, the various
Fatigues

for TRAVELLERS. 3

Fatigues of our Mind, and so many accidental and unaccustomed Changes, do Travellers, even if they be Princes, meet with, that it is impossible almost for them to bear them without Injury. Wherefore I shall in these Sheets take a particular Account of all the Mistakes of Travellers, that it may the better appear how Diseases arise from thence to such as are under the Necessity of Travelling.

BUT lest any Confusion should happen in these few Sheets to my Readers, I shall begin from the Injuries Travellers receive from the Air, which is so continually drawn into the Lungs, that Health greatly depends upon its Goodness and Salubrity: If therefore this Fluid should recede from its native Purity, and should exceed in any of the sensible Qualities; if, for Example, it should exceed in Heat or Coldness, in Humidity or Drought, then does it give occasion to the Production of many Diseases; and as our Journeys are not always chosen, but taken at all Hazards, namely, once a Voyage or Journey is begun, we are under a Necessity of going forwards whether the Weather be fair or foul, whether it snows or rains, be hot or moist, whatever Steams the Air be infected with; nay, our very Lodgings are not in our Choice, since we may be benighted or wet, we are to take such Accommodations as are allotted us by

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the Chance of our Guides, which are too often very indifferent; since it is frequently found that our Sheets are wet and not at all safe to lie in: And any one, though meanly skilled in the Art of Physick, may readily guess how sure a Foundation is laid for Diseases under such Circumstances.

THE Air surrounding us, if it be cold, stops our Pores, and consequently our Transpiration; by means of which a large Quantity of serous Matter is retained, which ~~and~~ usually fly off, and was of Advantage to us: It is not then to be wondered at, that the following Disorders should ensue,

DEFLUXIONS.

FIRST, *Defluxions* to various Parts, called otherwise *Catarrhs*, are the most common Attendants on Cold received by the Pores; and as I have given an Account of the Cause why the Pores are obstructed, and of the Matter that is retained, I shall proceed to the Manner of the Production of Defluxions or Catarrhs, and their various Symptoms, and to the Cure of them in Travellers.

By Defluxions are understood in general a Running of Humours, and a Settling of them upon various Parts from the Cold received; the Pores being shut by the Inclemency of the Air, and the Steams that
used

for TRAVELLERS. 5

used to fly off through these Emunctories being kept within our Veins, they are overcharged with Contents, and not being capable to manage so large a Quantity of Fluids, or the Vessels not being used to such a Load, the supernumerary Burthen is thrown upon some particular Organ, and there it either produces a larger Secretion, if there be any Passage for its Exit, or it causes Inflammations, or, perhaps, Tumours of the Oedematous Kind, or, in short, some Part is oppressed with this Load, till it is conquered either by the Strength of Nature, by a careful and scientific Management, or by the Art of Physick; and as the most common Species of Defluxion happening to Travellers is that of a Cough, I shall shew you how this ought to be managed by them.

COUGHS.

COUGHS to some People are of the worst Consequence, because their Blood is so full of Salts that the least Cold that gives them Coughs endangers an Inflammation of their Lungs; others again are ever and anon catching Cold, and fall into Coughs, but their Blood not being saline, they rest pretty easy under them: As each Man does or should know his own Constitution, it will be necessary to take a

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proportionable Care of his Health ; that any farther Consequence may be prevented, it will be highly convenient for such as are thus seized, to halt for a Day or two, if they can, and to confine themselves to a warm Regimen, to dispose themselves to breathe, and even moderately to sweat, that so the Pores may be relaxed and let out the Steams in their usual Manner and Quality ; and thus may violent Coughs be check'd in their Beginnings : but if this should not be sufficient, then will it be necessary to have Recourse to such Evacuations as are found to be required from the Nature of the Symptoms : If it attacks the Patient with a Thirst, a Heat, and a Difficulty of Breathing, it will be convenient to take away eight or ten Ounces of Blood from the Arm, because where the Retention consists of such Steams as are saline and pricking, they excite in the Heart and Vessels a more frequent Pulsation, a great Heat and Drought, and commonly the Secretion of a large Quantity of pungent Serum into the *Bronchiæ* of the Lungs, which does strongly stimulate the Lungs, and causes a violent Cough, and by Consequence a strong Motion of the Humours to the Lungs, and the Sequel of all this is very often an Inflammation : It would be the utmost Imprudence in a Traveller, who knows his customary Manner of being seized with Colds, to neglect

for TRAVELLERS. 7

neglect a Cough caught upon the Road, till it comes to an Inflammation; the Expence and Danger are high Arguments against so supine a Temper; what Additions would such feverish Colds not receive by travelling forwards? Besides the imminent Danger of an Inflammation, they would soon find themselves surprized by a Fever, which two Evils would probably put a Period to their Lives. I need say no farther, I think, to persuade such diseased Patients to lie by for a few Days in order to save their Lives: After they have taken away such a Quantity of Blood as abates the Heat, the Hurry of their Blood, the Difficulty of Breathing, and the Violence of the Cough, let them drink plentifully of Sack-Whey, or some smooth small Liquors that will put an End to the Blood's violent Motion, and that will bring them to sweat gently forth the retain'd Humours; and if there be yet any Difficulty of Breathing, or a dry tickling Cough, let them drink a Decoction of Figs, Raisins and Barley in Water, and sweeten it with Sugar Candy plentifully, and this will sooth the Acrimony of the secreted Humours, and cause what is spued out of the Glands to grow thick enough and slippery enough to be thrown up: But if, notwithstanding all this Caution, there seems still to be an

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Influx of Matter into the Lungs, it will be convenient to take an Infusion of Sena Leaves made in the following manner;

Take Sena of Alexandria (or of the best Sena Leaves) one Dram, or a Dram and a half;

Cardamom Seeds half a Dram:

Infuse them in Water for a Night's Time; strain out this Liquor: of which take three Ounces:

To this add half an Ounce of Aqua Mirabilis, or strong Cinnamon Water,

One Ounce of Syrup of Damask Roses;

Make up a Potion, which take early in a Morning, and keeping warm and drinking Water-Gruel or Broth, let it work gently off, which will probably work five or six times, and will greatly contribute to divert the Humours from running to the Lungs.

AND in order to get a perfect Release from such a Cold, the last thing that ought to be done is to give at Bed-time, the Night after the Physick, and every Night at Bed-time, half an Ounce, six Drams, or an Ounce of Syrup of white Poppies, called in the Shops *Meconium* or *Diacodium*; this will allay all the Tickling that is often
the

for TRAVELLERS. 9

the Occasion of the many violent Symptoms that attend such Coughs: As for an ordinary Cough caught by Cold, where there is neither such a Difficulty of Breathing, nor any Heat or Thirst, nor any great Tickling; keeping warm, putting on a Shirt more than ordinary, and endeavouring to sweat by taking warm Liquor at Bed-time, puts an End to it.

WEARINESS.

A N O T H E R Symptom that attends these Defluxions is a *Weariness in the Joints, and a Stiffness of them*; this proceeds from an Inability to Motion, which is occasioned by the Humours retained in the Vessels from having caught a Cold; and as a Freedom of Action depends upon a free Influx of the Juices into the Limbs, and an easy Passage through them back into the Blood again, so the want of this Freedom of Passage must be deemed the immediate Cause of this Incapacity or Weariness; and in Truth where the Blood-Vessels chance to be filled up with improper Liquors locked in by the Retention of the Transpiration, and these all center upon the Joints; there is a Stoppage of the Circulation in some measure; that is, there is a more sluggish Motion of the Fluids through the Joints, and they are bloated more than usual, and the

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the Spirits are hindered from entering into them, and this Weariness is a Consequence of this Impediment: Now if the Joints are barely weary, warm things taken inwardly will promote Transpiration, that is, a Draught of stoved Wine at Bed-time will promote Sweat, and carry off these Humours by the Pores; and if especially the Travellers will please to rub their Joints with a little *Hungary Water*, or any spirituous Liquor at the same time, they will find all this Weariness vanish: But, if the Season should permit, cold Bathing does immediately relieve such a Symptom in the manner following: The Blood by the Journey is heated, and is rarified or increased in Bulk; the Cold received gives an additional Hurry to it, so that it wants compressing into a narrower Compass; the Fibres, by plunging into cold Water, are reduced in their Diameters to a narrower Circumference, and the Fluids are compressed thereby; their Pressure therefore upon the Nerves, from whence the Weariness immediately proceeds, is taken away, and the Weariness ceases.

S O R E E Y E S.

O T H E R S from Cold are troubled with sore and inflamed Eyes or Eye-lids, or both; such Persons generally have a gross
but

for TRAVELLERS. 11

but hot Blood, because it gives Pain, and sticks in the capillary Arteries; for as soon as the Transpiration is locked up in such a State, the Blood is put into a Commotion, and running faster along than usually, it being unfitted for such a rapid Course, stops and clings, and if this be the Case on the Eyes or Eye-lids, they are presently inflamed, and Travellers lose the Pleasure, if there should chance to be any, in the Day by being obliged to keep their Eyes closed, and in the Night by being deprived of Rest, which at all times is required, but more especially on a Journey: If this Symptom of Cold should chance to be very troublesome, the Traveller must necessarily have Recourse to the Lancet by making a Discharge of Blood from the Arm to eight, ten, or twelve Ounces, and then he may make Use of the following Wash in a Sponge; namely,

Take *Rose Water* or *Plantane Water*, five
Ounces,

White Troches of Rhasis a Dram,

White Vitriol three or four Grains;

Mix them, and shake them together, and
apply it often in a Sponge all Day long,
till you find them recover.

You must be careful that no Dust gets into them, for that would inflame them worse;
nay,

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nay,

may, Light itself is prejudicial for them; because as any sandy Matter is gritty and angular, it frets, stimulates and invites Humours thither; so Light is striking, and the Eye at that time can bear nothing that shocks, as Parts that are inflamed can bear no touching, because Pressure gives them Uneasiness; in like manner the aforesaid Accidents do inflame the Eyes more, and under such Mistakes the Inflammation can't be cured: If the Pain should chance to be great, I would advise them to apply a Poultice of a rotten Apple roasted, at Bed-time, or to lay the White of an Egg beaten to Water, and thickened again with a little Allom upon a little Lint doubled according to Art, and to wear it all Night over the whole Ball of the Eye, and to continue this Application every Night at Bed-time, all the time that the Eye is inflamed, or at least whilst the Pain continues to rage and disturb your Rest.

Ringings and Noise in the EARS.

AS for the *Ringings* and *Noise* in the *Ears*, it is a troublesome Accident on a Journey, as it deprives the Traveller of the Pleasure, of Conversation, being generally attended with some Degree of Deafness; for this Noise proceeds from the Membrane of the Drum being beaten forcibly upon
by

for TRAVELLERS. 131

by the Artery that runs along it; this is always done in Health, but as the Cold fills the Vessels with Contents more than usually, and as there may be an Obstruction in this small Artery, it shakes the Membrane, and this Vibration is perceived and heard; here this Obstruction must be opened with putting Cotton into the Hole of the Ear, and on which you have dropp'd Oil of bitter Almonds mix'd with Tincture of *Castor*, or Oil of Cloves, and squeezed into the Passage lying for some time after on the contrary Side; at Bed-time stowe Wine with Rosemary, and drink it warm in order to dispose your self to sweat; keep your Feet and Neck very warm on the Journey, and if you have the Opportunity of drinking Coffee, Tea, or stowed Wine, receive the Steams into your Ear, and then stop it up close again. These will suffice for this Inconveniency.

Stuffing of the N O S E.

THE *stuffing and running at Nose* is another Accident attending Cold caught on the Roads; it proceeds from the Cold's throwing those Humours off by the Nose which ought to have passed through the Pores, or in lieu thereof by the Kidneys: It is an Observation worthy of Remark, that they who make much Water, or who upon Colds make more than usually

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usually, do seldom suffer by catching Cold, because if the Pores are altered and shut up, the others of the Kidneys open and let out the salt Quantity retained, and hinder the Matter that would be accumulated to settle elsewhere: This is a happy Conformation, but all enjoy it not; and if we consider the secreted Humour from the Kidneys, we need not wonder that they should be too dry and stiff, and not capable of yielding to so large a Secretion: However, in this Case before us, let the Traveller drink small White Wine or Punch, to try to procure Urine plentifully, because if these Flood-Gates be opened and free, the Stuffing will decrease; also endeavour at Bed-time to procure Sweat by warm Wine; keep warmer upon the Road; forbear Snuff, because this will draw the Humours more towards the Nose, and help to stuff it more, and so straiten the Breath: When you have thus provided against any further Cold, and in great measure have cut off the Occasions, then stir your Nostrils with Vinegar, into which you have thrown a hot Iron Heater; this will shut up the Pores of the Nostrils, and hinder more Matter to run, and thus will you get cleared of a troublesome Snuffle, which alters one's Speech, makes one dry by causing one to sleep with an open Mouth, and disturbs one's Breathing.

ASTHMA.

for TRAVELLERS. 15

A S T H M A.

AS to the *Asthma* that sickly Travellers are subject to from Colds, it requires peculiar Care to relieve it, and I wish they would call in proper Assistance, if there be any at hand; if not, they may please to take the following Directions. Such a Disease is dangerous at all times, but where the Difficulty is increased by the Want of Conveniencies of Life, and Relief, it is a miserable Chance. The Lungs are so necessary for Life, that the least Disease upon them endangers it, if it be ill managed; and an *Asthma* contracted upon a Road is much to be dreaded: The Lungs are wonderfully framed; they have an Inside and Outside; the Outside is exposed to the Air, and has hollow Tubes excavated from the Mouth to the Bottom of the Chest for the Reception of Air, decreasing gradually downwards till they terminate in Bladders that are blown up at every Draught of Air, and so the Lungs are extended and pressed against the Sides; all along these branching Tubes there are placed Glands supplied with Liquor to moisten this manifold Passage from the Arteries and Nerves, whose Superfluity is reconveyed by the Veins and lymphatick Vessels into the Blood: These Branches are gristly down to the very Bladders, and
when

when they settle, they approach near to each other, and so come again upon Expiration to a moderate Compass: At this Work the Midriff and Muscles of the Breast are greatly employed, they dilate and contract, they lift up and let down the Capacity of the Breast: The Use of Breathing is for the Division of the Blood into very minute Parts, which is performed in the ensuing manner; the Air enters and presses the Parts of the Contents into Atoms by the Expansion of the Lungs, and then the Blood pressed being thus elastick, as soon as it escapes this Pressure, becomes again at Liberty, and its Globules, which had been divided, run against each other, and make Heat in the Vessels. It appears then that for a natural Respiration there is required an Inspiration and a Relaxation of the Muscles of the Breast along with a just Disposition of the Breast, the Blood, the Muscles, the Spirits, and of the Air itself; because, if any of these be wanting, or ill disposed, the Breathing is affected in various Degrees. In common *Asthma's* there is a Rattling in the Throat, besides the Shortness of Breath, with an Oppression of the Breast, and a spitting up of phlegmatick and glutinous Matter: Cold gives all *Asthma's* of any Species, to those who are subject to them; so that Hystericks or Hypochondriacks are equally liable to be asthmatick

for TRAVELLERS. 17

tick as well as phlegmatick Constitutions, as will appear by what I am going to advance; but as I am not inclined to be tedious, only useful and serviceable to Travellers, I shall let them understand the necessary Differences between the one and other, where it must be noted that *Asthmaticks* from Phlegm, are held continually, whereas those that are hysterical or hypochondriacal are affected periodically; 'tis true however a continual *Asthma* has also Periods which happen upon any external Occasion of excessive Motion, drinking, cold or moist Weather, but then we must distinguish between Periods; regular Periods are from the Nerves or Blood vitiated in a certain Manner, but these Periods are accidental: A convulsive *Asthma*, is when the Muscles destin'd for Respiration, namely the Intercoastal and Midriff are contracted; in this there is a sudden and great Difficulty of Breathing, it comes on unexpected, and retreats in an Instant without Cough or Spitting, as not depending on Matter spued into the Windpipe, but on an Influx of Spirits into the Nerves of the Muscles and Lungs which shorten them and all their Appendages, and this Matter being spent, by Evaporation, or by some invisible Way, the Fit ends. And the Patients this Moment struggling for Breath and Life, are the next deem'd out of all Hazard, till a Return of the Fit; where-

as a continual Asthma is such as admits of no Intervals or Relief, till the Disease is cur'd by piecemeal. The humid *Asthma* arises from a Stricture of the Bronchiæ and the Vesicles of the Lungs, or from the Channels of the Lungs stuff'd with Water or Phlegm, hindring the true Ingress of Air; it does often keep regular Periods also, but not constantly, because it depends upon our Diet, Motion, drinking, or heating the Blood, and not upon the Causes of a periodical Asthma: It is easy for Asthmaticks to foresee when they ought to expect a Fit; for after any Meal, especially after Suppers, their Stomachs begin to feel fuller than usually, and this is succeeded by a Heat in the Blood, which in such precedes the Inflation, but is not felt; but Asthmaticks perceive always a latent Heat upon them when they are in Bed; from this Cause it is that they are heavy-headed, and make a great Quantity of pale Water: the evident Reason of all which Symptoms, is the Blood abounding in the Vessels and finding a difficult Passage thro' the Lungs, from whence it is that it is compress'd and the Particles are rubb'd against each other, and its Principles raise a Heat by this Friction, and it rarefies and possesses a greater Space; hence this latent Heat, hence this Difficulty of Breathing, hence the Paleness of the Water, namely, all the Vessels being fill'd more than
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by Nature they ought, the gross Parts are retain'd, and more Water is suffer'd to pass; but when the Fit ceases, the Fever goes off, the Vessels are less fill'd, they relax, and give Way to all the gross Parts, and the Water turns of an Amber-Colour and subsides or drops its Sediment, as in Fevers: The common Consequence of this gentle or feverish Heat is an irregular Motion of the animal Spirits, or, if you deny these Messengers, a Tension and a Sort of Rigidity of the nervous Parts, so that the Lungs grow full and rigid and unfit for Motion, nay all the Muscles or Instruments of Respiration labour and are not readily moved up; for the Inspiration becomes tedious and disproportionate to the Expiration, since it can hardly be perform'd in treble the Time, and Expiration becomes merely an involuntary Action, whereas in the ordinary Course, the Time of both ought to be equal; the Diseas'd is forc'd to sit upright and in such a Posture as will favour the Breathing; the Reason of which is, because in an upright Posture the Lungs are suspended, and lean on neither Side, nor do they press upon their Branches, nor are the Ribs press'd upon, so that Inspiration may be perform'd with the greatest Ease; for a natural Respiration should imitate a Pendulum of a Clock, that is, its Motion should be free and hindred in no Part by any *Medium*: Now in a distemper'd

Breast the Lungs are not freely expanded, but are press'd upon by the Blood, or Tubercles, or both, and therefore is Inspiration especially impeded: The Fit lasts according to the Cause that produces it, and the more Cold is caught by the Traveller, the more dangerous will the Fit be; wherefore as soon as they find their Lungs to be affected, it is high Time for such sickly Itinerants to stop and take care of their Lives: But to assist their Judgments in this Affair, let them be assured, that every Asthma is dangerous. However young Asthmaticks, or such as have never had many Fits, need not be so apprehensive of Danger; for by early Care in managing themselves in Diet and Remedies, they may get the upper Hand of their Disorder; but where Travellers are advanced in Years, and have been often subject to the *Asthma*, there must be proportionable Danger, both by Reason of their Age, where the Spirits are few, and not readily supplied, and of the natural Laxity of the Lungs, from being so frequently attack'd: However let not young People flatter themselves too much, for their Youth makes them liable to Pleurifies along with their Asthma's, which we all know, endangers Life very much. If Cold has been the Occasion of this Disease, (for I confine my self intirely to that Cause,) it will be necessary to bleed, and, by abating the Quantity of the Blood, the Vessels

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fels distended thereby will be unloaded, and the Force wherewith the Lungs are attack'd will be greatly check'd, where it must be observ'd that we are often obliged to repeat this Evacuation for the same End: when the Shortness of Breath is abated, we then go further, and check the rapid Stream of the Fluids, by watry and mucilaginous Liquors, such as Toast and Water, a Decoction of Liquorice and Apple-whey; these cool and hinder the Blood's Rarefaction; they promote Urine and Sweats by their Quantity, and they give Refreshment; lastly, if a Cough and Spitting is to be promoted, that is, if Phlegm is to be spit up and disengag'd from the Lungs, oily Medicines, butter'd Liquors, and Decoctions of Figs are to be plentifully swallowed down; and lastly, when all is spit up, but a troublesome Cough is to be remov'd and Rest is to be procur'd, six Drams of Syrup of white Poppy is to be given in any Liquor at Bed-Time; their Diet must be of Flummery, Jellies, thin Broths, Sack-Whey, and poach'd Eggs.

RHEUMATICK PAINS.

WHERE Cold produces *Rheumatick Pains*, it does it in the manner following; to wit, the Cold straitning the Pores, there is a Retention of Steams fill'd with Salts of

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various kinds; these Salts as well as other Particles are frequently rubb'd against each other, and are actuated and fitted for pricking the little hollow Vessels as they circulate around, and for causing a troublesome Sensation, or Pains; if they are very violent, the Traveller must at once be laid up; and if they are not, he is however disturb'd in his Rest, which is so agreeable and necessary upon a Journey: If they are gentle, but tormenting and teasing, so as to get little Sleep for them, it were well to rub the Parts affected with Hungary-Water, and make it warm with a hot Flannel, and not Hungary Water only, but any Spirit distill'd with aromatick Herbs, such as Mint, Marjoram, Thyme, or the like, will serve the Turn, and even good Brandy, Rum, or well dephlegm'd Spirit of Malt, will have the same Effect: But if the Pain shou'd be universal, tho' not grievous, yet disturbing your Rest, I can't but approve a Method, I have somewhere read in a late Author, of stoving your Bed with aromatick and fetid Gums in a Warming-Pan, and getting into Bed, while it is warm: This is a dry and artificial Bath to open the Pores, and let out the retain'd Steams, which being Prisoners, will escape to the Advantage of the Gaoler: If they become violent and confine the Traveller to Bed, then we are to consider their Nature, suppose they are feverish, and dry, hot and parch'd,

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parch'd, suppose the Pains to bring on Swellings on the Parts affected; and, in short, suppose them in a true Rheumatism, or an inflammatory Rheumatism, there is no pretending to travel under these Circumstances, either for the present Ailments they labour under, or for what may follow, because a Rheumatism neglected will either terminate in a Fever, a Gout, or a Dropsy, because the Blood is by its own Acrimony fitted to stimulate the Heart, as well as the other Fibres, and to accelerate the Pulse: It is apt to stand still by its Grossness, happening from an Evaporation of its more watry Parts; and capable of making the Blood so to stand still in its Course, that even the aqueous Parts will not pass, but fill and break the Vessels, or at least distend them beyond measure, and when they are distended, so as to lose their Spring, you may press at Pleasure upon them, they give way and dimple, as readily as Dough: In these Circumstances the Journey is necessarily stopt, for by Coach or any other Land-Carriage, the Motion and Jolting is unavoidable, and that cannot be born by the Patient: In Water Carriage indeed, the Patient may go forward, but must be confin'd to his Cabin; and he must immediately take Blood away to ten or twelve Ounces, according to his Age, his Strength, and the Violence of the Pains; he must confine himself to the

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same Diet, as if he was under a high Fever, namely, he must eat Water-Gruel, Panada, Poach'd Eggs without Vinegar, and drink Toast and Water; he must refrain from Wines and all strong Liquors, and if the Pains be violent, he must repeat Bleeding so often in cold Countries, as will amount to forty or fifty Ounces, and in the warmer Climates to more, because the Heat exalts and animates the Defluxion. When by Bleeding the Pains abate, and their Water begins to drop a Sediment, which generally happens about the fourteenth Day, then may they take a Dose of gentle purging Physick, made up of a Dram of Sena Leaves, clear of Stalks, Salt of Wormwood four or five Grains; pour on to these boiling Water, to four Ounces call'd a Gill, let them stand on Embers all Night; next Morning strain out the Liquor and put to it Syrup of Roses (or of Peach Flowers) one Ounce, and a little Cinnamon Water, that is, two Drams or half an Ounce, and drink it up: This will move four or five times gently, and carry out of the Blood the Diseas'd Matter, which is now in a proper State to be carried off, and it would be well done at Night to take a Draught to allay any Disturbance the Physick may have caus'd, and to alleviate the Pains, which do still subsist in some measure. This Physick ought to be repeated at the Distance of three Days for thrice, and the

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the Cure will be compleated. If the Patient be very uneasy with his Pain, and it is fix'd upon one Part only, he may apply to the Swelling a Poultice of Bread, Saffron and Milk, which softens the Fibres, relaxes them, and causes them to swell more outwards, and press less inwards, and gives some Respite till the Affair can be compleated. As for that Rheumatism which we call *wandering*, because it fixes no where, and which does not confine the Traveller, he may proceed on his Journey, taking care to bleed once or twice to eight Ounces, to take volatile Spirits of Hartshorn, to thirty Drops twice or thrice a Day in Sack, to keep warmer, to avoid Pickles and salt Meat or Fish upon the Road: let his Food be fresh Meat, let him eat Horse-Radish, or Pepper, or Mustard, because these have Particles in them proper to attenuate and thin the Blood, and to set it forward in the Vessels, which may be us'd without Fear, because in this latter Rheumatism there is no Fever, and the Blood is a mere Mass of Dough or Phlegmatick Matter, which circulates too slowly, which is too thick and slimy, and which wants invigorating Drugs to make it of a proper Consistence to pass the small or capillary Vessels, where it stands without Motion, and wou'd in Process of Time produce Anasarcous, white and watry Swellings and Dropsies.

TOOTH-

TOOTHACH.

COLD also is capable of producing troublesome *Tooth-aches*, which, how little soever these Travellers are pitied, give them perpetual Uneasiness, and disturb their Rest effectually, which Circumstance alone upon a Journey is well worth Consideration: It happens either because the Cold pierces into a hollow Tooth whose Nerve is bare, or because the Papillæ of the Teeth are touch'd by it, and like so many Wedges the Cold sticks in invisible Pores, and serves as a *Stimulus* to invite Humours thither. It is not much to be wonder'd how Cold has this Consequence, since Noise itself will affect them; what the Physicians term *Hæmodia*, and we in English *Edging*, is effected by the Motion of the *Æther* jolted against the Ears, and that Noise being disagreeable to them, is also offensive by Consent to the Teeth; when the Blood is put into a particular Bent, it keeps that Motion, and the Stimulus determines it to the Part where it is fix'd: If the Pain be small and just begun, Brandy in the Mouth, or indeed any spirituous Body, that will correct the Coldness or acid Wedges lodg'd in the Pores of the Teeth, will prevent its going further; but if the Tooth be hollow, it will be most advisable to have it pull'd out as soon as Convenience

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Convenience offers, because whenever a Nerve becomes bare, that Tooth grows daily worse: I say *most adviseable*, because the Hole may be fill'd with Lead, or boil'd Turpentine, to defend it from the Air; but if the Tooth becomes rotten from inward Humours, as it most commonly is, then these Humours do rot the Tooth more, and do often give Pain: To prevent all this Dispute or Distinction, part freely with it at first; mean while it will be necessary to give Ease to the Itinerant, by thrusting up a Pill of crude Opium into the Tooth, which has been first softned by a Drop or two of Oil of Cloves; this will make them pass the Journey with Satisfaction. I have seen so many ill Consequences attend Tooth-aches, that a Traveller especially, shou'd be aware of them, lest he be surpriz'd with *Fevers, Head-aches, Convulsions* or *Impostumations*, which are but ill Company on a Journey: And that it may not be deem'd a bare Assertion, I will let you see how these Symptoms may easily happen; Some Years ago, a certain young Man had a violent Tooth-ach from a hollow Tooth, into which the Cold had pierc'd; the Pain tormented him Night and Day, for above a Week; when a Fever seiz'd him, and lasted for a Fortnight; at the End of which his Tooth-ach return'd, and then it was high Time to pluck it out; after which he never was troubled with it. A Nerve violently

violently prick'd cannot fail of raising Contractions of all Kinds, and from this one Cause, all the other Symptoms are readily produc'd; for if the Nerve shrivels up, and is shortned upon any sharp-pointed Parts driven into it, the Consequence of this must be a Contraction of the Muscles; the Blood thereupon is retarded in its Course, and if this shou'd be near the Head, must not the Blood stand still in some measure? Must it not run fast or forward, then back again? Must not this fill the Parts with Blood? Must it not distend them? Must not this cause a great Distension? Must not this occasion Pain? and thus *Head-aches* are introduc'd. If the Nerve be shrivel'd or shorten'd, the Muscle adjoin'd is also drawn up, and then Convulsions are caus'd: The same Fault of the Nerve grasps the Vessels it surrounds, and by arresting the Blood in its Motion, the Parts fall into a Struggle amongst themselves; this Combat raises a Friction, and this Attrition naturally has two Effects, namely, a Conversion into Matter, and a Rupture of the Fibres containing the Blood, and at last an *Abscess* or *Impostumation*. If this Corrugation or spasmodick Contraction should straiten all the Nerves and Vessels, they are made narrower, and the Fluids they contain, are obliged to run quicker, and make more frequent Occursions in their Channels; and this is the immediate

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mediate Occasion of a *Fever*: Thus it is that Frights have often produced Fevers of an ill Stamp, and hardly curable without great Art and Skill. Having made you observe how one Cause is capable of hatching various Diseases, it now behoves me to shew you how one Remedy will prevent these same Disorders, if naturally and discreetly apply'd: I say, if this stimulating Cause be the Origin of all these Symptoms, they may readily be prevented by one Remedy; *Opium*, or somewhat analogous to it, may be of Use to prevent these Consequences; because, if as soon as the Pain attacks you, it be either thrust into the Tooth, or taken inwardly by way of Draught, or both, all these Symptoms are snipt in the Bud; wherefore in hollow Teeth, let the Opium be put into the Hole, as I have just said, and let the Patient take at Bed-time the following Draught:

Take *Two Ounces of Milk-Water,*
Two Drams of Treacle-Water,
Six Drams of Syrup of white Poppies,
And one Scruple (or twenty Grains)
of Gascoign's Powder:

Mix them, and make a Draught to be taken at Bed-time.

THESE two Directions are capable of preventing all the aforesaid and almost inevitably

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tably ensuing Symptoms : And as I undertake here to give Rules how to cure the Diseases of Travellers, and to prevent the ill Consequences, I deem it needless to descend to the Particulars that would ensue, when I shew them how to avoid those Consequences.

Of COLICKS.

THESE also are common Consequences of Colds on a Journey, because, once the Pores are stopt, the aerial Particles are suck'd in and retained, and are translated into the whole Mass of Fluids, where they are farther jostled into Air or Wind; and if this Matter falls upon the Guts, and is secreted into them, then must the Contents extravasated into them, be frothy, and being viscous and full of Bubbles, it will distend the Guts, and blow them up to a vast Size, as I have seen in Persons dying of fatal Colicks : What then must be done to ease such unhappy Itinerants? They must first try to discharge the Guts of this frothy and windy Matter by gentle Glisters or lenient Purges, and that once discharged, they must take some Opiate at Bed-time to give Ease and Respite : These Things are to be done in a flatulent Colick, where Phlegm is the Cause of the Pain; for as Cold is taken by Persons of every Constitution, we must consider that the very individual

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dividual Effect will be produc'd with some Variety of Circumstances; for Example, Cold will produce a Colick as well in a phlegmatick as in a cholerick Habit, but yet the distinguishing Physician will readily know how to vary his Methods from the Knowledge of the Causes; so that in the present Case where Cold has stopp'd the Pores of a phlegmatick Traveller, and the Matter retain'd seizes upon the Intestines, Struggles and Bubbles arise which distend the Guts with Wind; but then the Pain is dull and lasting; they are not Feverish; and warm cordial Spirits agree well with them; they bear even strong Physick it self, and the Physick may be mix'd with an Opiate, and then you answer two Intentions at one and the same Time: Let therefore the following Pills be immediately taken, and keep warm after them.

Take *A Scruple of Extract of Rudiis,*
Seven Grains of Mercurius Dulcis,
One Grain of Opium,
One or two Drops of Oil of Cloves;
Make four or five Pills, to be swallowed
down in a Spoonful of warm Wine; or
if they cannot swallow Pills, they may
drink the following Potion,

Take *Mint Water two Ounces,*
Elixir Salutis one Ounce and a half,

Resin

*Resin of Jalap diffolved in the Yolk of
an Egg, four Grains,*

Syrup of Buckthorn six Drams,

Liquid Laudanum 20 or 25 Drops:

Take it, and keep warm.

THESE alone will answer the End; but if you should be remote from any Apothecary, then all that can be done is to throw in a Glister, made of boiling Water half a Pint, and two Spoonfuls of Salt dissolved in it moderately warm, and apply warm Salt to the Belly, and drink burnt White-Wine as warm as it can be swallowed down. But if the Person thus afflicted should be of a cholerick Constitution, then are the Colick Pains very acute, the Person is very feverish and thirsty, and very subject to vomit. In this Colick quite a different Path must be trodden, for here the Disease'd must take Blood away freely from the Arm; that is, to ten or twelve Ounces; because the Sharpness or Pungency of the Bile frets the Guts, and causes a Fluxion of Humours to the Part, and gives very frequently Rise to an Inflammation of the Bowels: Moreover, whereas in the phlegmatick or flatulent Colick, hot Liquors do Service, on the contrary, they do Harm in this bilious Colick; and therefore is it advisable to give them Sack-Whey, Toast and Water, or Milk-Water to drink; to give them Physick

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sick indeed, but only such as will purge and dilute; wherefore our *English* purging Waters, if they are at Hand, are very convenient; but as this Convenience can't be expected every where, therefore let the Traveller take an Ounce of *Glanber's* Salt, or of Cream of Tartar, and dissolve it in boiling Water, and sweeten with Syrup of solutive Roses, and let him drink this gradually till it works down gently, but effectually: When the Operation is over, then

Take *A Draught of Mint-Water, two Ounces:*

Spirit of Nitre dulcify'd, 15 Drops:

And one Ounce of Syrup of white Poppies:

And this will perfect the Cure.

But if it should still continue, we must repeat the Method for once or twice, and it will hardly fail of Success; and for Caution, it will be necessary to drink nothing strong, but what is well diluted with Water for three or four Days.

A S T R A N G U R Y

IS very usual on Journeys, from Cold, because if Mankind are variously circumstanced in their Humours; where-ever there is a Sharpness in the Blood, and Cold aug-

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ments the Load, as all now know it does, the Urine will be so laden with Salts, as not to pass its Channels without galling them, more especially if they have given Cause to it by drinking sour and small Things, such as Lemonade, Rhenish-Wine, or the like. I have not mentioned Gravel, which very frequently is let loose by Travelling, and galls the Urethra: Nor have I said any Thing of an Inflammation of the Neck of the Bladder, and even of the Passage it self, happening from sitting and pressing the under Part, or the Jolting it against the Carriages, all which are capable of raising this Distemper; in general, it is necessary, to allay the Heat of the Urine, and to defend the Part from a Bareness, for the Traveller to procure to himself some *Orgiat*, or Emulsion, of which he must drink plentifully; and if to each Quart of these Liquors there be added, whilst the Barley is boiling, a Dram or two of *Gum Arabick*, this will be of so smooth a Nature, as to besmear the Passage, or temper the Urine, or both; and to remedy this troublesome Complaint. The Heat of the Blood, by Travelling, unfolds the Salts, and their Pungency, or Sharpness, so stimulates the Glands of the Kidneys, as to straiten them, and yet fret them; hence is their Water made by Drops, and yet with Pain: There is a Necessity for such to forbear the Use of
any

any fermented Liquors on the Road; because all such Liquors contain two Parts, each of which is offensive in this Malady; that is, the Sour that lodges in them, soon exerts its Force, and the Brandy Spirit is also irritating; in short, fermented Liquors are naught in it, and not to be touch'd by them: Let it proceed from what Cause soever, Water-drinking will avail, but you must know what sort of Water the Place affords, because the Water that is the least brackish, must be the best; and such as contains the most Salt-Petre, is the most convenient. Now as all Water whatever contains Sea-Salt in it, and that Sea-Salt is thrust out of the little Spaces of the Water by Salt-Petre, it must follow, that it is adviseable for Travellers, whom Sea-Salt prejudices, to drink their Water impregnated with Salt-Petre: Hence it must follow, that if a Traveller be obliged to avoid drinking such Water as contains a good deal of Sea-Salt, he must by a stronger Reason be forc'd to refrain from eating Salt to his Victuals, whilst the Strangury is upon him. Mr. Boyle mentions a Method of discovering the Quantity of Sea-Salt contained in any Water; and as it may be of Use to Travellers of Distinction, I think it proper to give them the Manner of trying it: Let them take Filings of Silver, and dissolve them in Spirit of Nitre; this Mixture must be carried along with

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them in their Journey, and they need only pour a few Drops of this Mixture into their Water, they will immediately perceive the Water to grow white, and at last to settle down to the Bottom; the Reason of which is, that the Silver which the Spirit of Nitre had dissolved, is thrown out of this Spirit by the Salt contain'd in the Water; and the whiter the Water becomes, and the more it settles to the Bottom, the more Salt is lodg'd in the Water; and the more offensive will such Water prove to the Drinkers of it. There are indeed many other Ingredients to be met with in *common Water* that are hurtful to Travellers; but it must be remembred, that I am giving short Rules for Travellers to follow, and not making a Discourse on Waters: *Forestus* assures us, that he has found the good Effects of a Decoction of Mallows and Syrup of Violets in a Strangury, when every other Method had fail'd; and there can be no Doubt, that smooth Herbs of any Kind, or Mucilages, will have this Effect; since Whites of Eggs themselves beaten into Water, injected by a Syringe into the Passage, by being applied to the Part, do produce the same Effect, and do alleviate this Pain as well as such Medicines taken by the Mouth do; and it is a certain and solid Rule of Practice, that all Remedies act more powerfully, if they are applied to the Seat of the Malady.

A TENESMUS.

THIS is also often an Effect of Cold, inasmuch as Travellers are obliged to sit long upon cold Seats, which chill the *Anus*; and the Particles that enter the Part, serve to twitch it and give it a strong Contraction; by which Accident the Humours are invited thither, and raise a constant Inclination to Stool, which Physicians call a *Tenesmus*: Supposing no other Cause, save the Colds, it being an evident one, may be readily removed by applying a softening Fomentation to the Seat of the Disorder; wherefore boil Mullein or Mallow Leaves in Milk, and add a little Laudanum to it; four or five Grains to a Pint of the Decoction, and bathe at Night; and in the Morning warm with it, and you will find this Accident go off.

A Diarrhoea and Hepatick Dysentery.

NOTHING is more frequent than to meet with Fluxes of the Belly of various Kinds, produced by Cold; the Guts do consist of many Coats and Glands, hanging at the Extremities of the Arteries; and there is one great Plexus of Glands called the *Pancreas*, all which convey at all times Liquors into the Guts; moreover the Liver

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is another great and conglomerate Gland, separating a bitter Juice into a Duct and a Bladder : from all these Liquors concurring, there must arise a Struggle in the Channel of the Guts; but when there is more of these separated in the Bowels, by reason of a less Quantity thrown off by the Skin, as it happens in a Cold; this Strife must be greater, because the Quantity of such Particles is increased: The Quantity increased, serves as a *Stimulus* for the nervous Coat of the Guts; and by these it happens that such Patients are greatly griped; and hence is this Malady known by the Name of the *Gripes*: It is hardly possible for such a Load of piercing Humours to reside in, or however to pass through the Bowels without giving Pain, because these pungent Salts prick and fret the nervous Coats, and make them tremble like a Chord in musical Instruments, and endanger a Breach of many of them, or at least a violent Tension, which raises the Idea of Pain, and which must vary as the Causes differ in Degrees of Acrimony. Hence is this Flux distinguished into a cholerick, a phlegmatick, and a kindly, or a malignant one: And these Distinctions carry the more Weight and Consideration along with them, as they direct us in the Manner of taking it off aright. When the Cold seizes a Traveller of a bilious Habit of Body,

his

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his Humours being of a saltish Nature, his Choler changes its Dispositions, and becomes acrimonious; it is robb'd of its Oil; and its acid or alcalious Salt prevails, and the Stools become thin, but either of a greenish Yellow, or reddish: But if he is of a colder Constitution, his Stools are less tinged, and watry, and thin: The kindly Flux and a critical one, border upon each other, since either are harmless and useful, inasmuch as they gently carry off that Quantity which offends, and don't hurry the Traveller into much Inconvenience: The malignant and symptomatical Flux, is that which is grievous and weakening, from what mild Origin soever it proceeded: And to speak plainly, the Jolting of Carriages is always an aggravating Circumstance, so that it rarely happens that Fluxes upon a Journey are ever kindly; wherefore do they require Care in their Beginnings. I have already said, that Fluxes, differing in their remote Causes, must not be attack'd with the same Remedies, or with an exact Uniformity: Hence in cholerick Constitutions, we must advise the Patient to

Take *Rheubarb in Powder, twenty five Grains:*

Diafcardium twenty five Grains:

Syrup of solutive Roses, as much as will make a Bolus:

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This he must take at three o'Clock, and expect it to work before his Hour of Sleep.

After which give him some Bolus's made up of the Powder of Coral, half a Dram:

Crabs Eyes, one Dram:

Japan Earth, one Scruple:

Syrup of Roses as much as suffices:

Let this be divided into six Bolus's, one of which he may take every fourth Hour, drinking four Spoonfuls of burnt Red-Wine upon it.

In the mean while it must be given in Caution, that he refrain from too much Liquor, which, as Experience teaches us, relaxes the Bowels, dilutes our Victuals too much, spoils the Digestion, and renders Remedies ineffectual. In the Serous or Phlegmatick Temperament, we may, after the aforesaid Physick, give warm Cordials along with Restringtons; for Example, along with one Dram of Diascordium, Crabs Eyes fifteen Grains, we may mix four Drops of the chymical Oil of Nutmegs, and make a Bolus to be taken every fourth or fifth Hour, and drink above it a Spoonful or two Cinnamon-Water or Aqua Mirabilis; be-
cause

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cause in this latter Case there is no Fever, and many Flatulencies; and therefore is it most advisable to take a warm and Wind-expelling Julep, of which he may take five or six Spoonfuls. Such is the following:

Take Of *Mint-Water*, *six Ounces*:

Cinnamon and *Dr. Stephens's Water*,
one Ounce and half each:

Syrup of Orange-Peel, *one Ounce*:

Laudanum, *two Grains*:

Mix and make a Julep.

To this Head may well be referred that Flux which is called the *Hepatick Dysentery*, where after Cold, and an Obstruction of the Pores from a Pressure of gross and heavy Air upon them in particular Constitutions, the Blood-Vessels swell, and open, and pour out their Contents; for this being a Flux of Blood caused from the opening of the upper Hæmorrhoidals barely, there is so much Irritation on the Bowels, as to have this Load thrown off by Stool; but yet there is no Pain in the Belly, save a little before they open, which happens at that time, because they are stretch'd beyond their ordinary Limits; and as in the Piles before they break, there is Distension and Pain, in like Manner does it happen here: This Malady is a throwing out by
Stool

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Stool a bloody Water, without Pains of the Belly, or a *Tenesmus*; it often stops of it self in two or three Days, as do the bleeding Piles; and if it be excessive, it brings on swelled Legs: It is not a Dysentery or bloody Flux, because this is very painful, and Matter is joined with it, and a Fever attends such Persons; it is indeed the inward, but upper Piles, for the splenick Arteries, or the upper Hæmorrhoidals are open'd, and pour forth this Blood; or, if you please, it is not the Arteries, but the Veins that open, by reason of some Obstruction in them, and because the Quantity is not great, and its Colour is not florid: and lastly, because it is a watry Mixture with Blood, because where the Veins are obstructed, that Quantity of Serum that would have circulated back into the Veins, is poured into the Glands along with the Blood, and so separated; the Blood then being viscid, is apt to be stop't in its Career, the Cold encreases its Quantity in the Vessels, the Vessels are not capable of circulating it, they open, if not break, and give this Distemper. People in Apoplexies have this Accident befall them, so have executed Persons, for in both the Blood is hindered in the Circulation, and the Veins not reconveying it, it is spilt into the Ventricles of the Brain, resembling Bloody Water. This Case happening to splenetick Travellers,

for TRAVELLERS. 43

vellers, where their Vessels are obstructed, all they can do on a Journey is to relieve the Flux; but to prevent the Return, must be the Work of Labour and Pains of some Months: The Remedies for this Flux are the individual ones ordered in the common Flux, save that they ought to take away a little Blood from the Arm, to about seven or eight Ounces, because the Flux being of Blood, at least in Part, the most proper Discharge is that of Blood; inasmuch as its Discharge turns the Current, and makes the Remedies sooner to take Effect: Wherefore as soon as the Flux is over, the Traveller must take some Tincture of Steel in all his Liquors; first, because it has a Power to bind up the Orifice that had been opened, and, in the next Place, to make the Blood of such a due Consistence as to circulate freely, without the Hazard of standing still; Steel has a Power to open, and tho' it be received without Preparation, yet it becomes an Astringent by the very Virtue of our Juices. As for the external Applications which were heretofore advised by the Antients, they are pompous Trifles to deceive the Vulgar. It is true, that bitter Infusions, made of Roman Wormwood, Centory, Gentian Root, Cardamom Seeds, Zedoary, Galingal, and the like, are all convenient; however,

twenty

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twenty Drops of the Tincture of Steel in Wine twice a Day will suffice.

A G O U T.

THE Air has also the Effect of producing the Gout, as well as it does a Rheumatism, by entering the Body, and carrying into it pungent and acrimonious Particles, which do twitch and contract the Parts in the following Manner: The sharper and more fierce is the Frost or Cold of the Region or Climate we travel through, and the more we swallow down with our Spittle, the purer is the Air thus taken into the Stomach, the more will the Blood be laden with such an Acrimony: The sharper are the Juices, the more gross and viscid will the Blood grow, and the apter to stick in the capillary Fibres, and as the small Fibres have been injur'd heretofore by preceding Fits, they are the more fit to receive the same Humours and to retain them, and to occasion Fits of the Gout. Gouts being hitherto deem'd an Effect of Nature, throwing off somewhat offensive to the Blood, by whatever Causes the Blood becomes vitiated in its usual Manner, she follows and runs the same Course; so whether the Blood becomes thick by the Air or Cold, as it was wont to do by excessive Drinking or other Excesses of Diet, or any Irregularities whatever;

for TRAVELLERS. 45

ever; the Fibres become sensible of this Pungency but Grossness, and in their usual Manner, they expell it to the extreme Parts, drive it into them, cause it to stagnate there, to produce an Inflammation of a peculiar Stamp; because like other Inflammations, it does not impostumate, but scurfs and scales off, and so fades: This Species of Inflammation is critical, which ought to maintain its Ground, and not to retreat; for if it does, it is odds, but the Patient hears of it elsewhere, under the Name of an Inflammation of the Lungs, an Apoplexy, or some fatal Malady: Wherefore whenever the Cold has produc'd this Effect, let the Traveller be wary in his Proceedings; let him either take up, or provide to keep warm; let him take warm Diet, let him drink Wine moderately, let it be consider'd whether he has the Gout by an Accident, or by Inheritance; let him avoid all sour Diet and Pickles, and as all know there are two Methods to relieve it, so must he consider which suits him best; for it may be eradicated, or we may alleviate the Symptoms only: If we design a radical Cure of the Fit, we must give all those Remedies internally, that will push it down to the Extremities, and keep in Bed or in a warm Room, and this requires stopping in the Journey; let him take a Bolus made up of

Gascoign's

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Gascoign's Powder, one Scruple:

Castor four Grains:

Powder of Virginia Snakeweed, three Grains:

Camphire one Grain:

Syrup of Cloves, as much as suffices.

Mix up a Bolus to be taken Morning and Evening, drinking above it three or four Spoonfuls of stov'd Wine; and if the Pain be violent, we may venture an emollient Poultefs of Mallows, shred Saffron, and wheaten Bread boil'd in Milk, to apply to the Part; this softens and mittigates the Pain, whilst the *Bolus* pushes it where it ought to reside: Or we may anoint the Part swell'd, with Flowers of Chamomile and Rosemary, with Seeds of Rue and Fennel, infus'd in the æthereal Oil of Turpentine, which is a good gouty Balsam; and if Pain urges strongly, he may venture a little Opium in this Balsam to apply, not to repel, but give Ease; thus will a Fit pass off tolerably, and there will be no Danger of retreating: However, I must confess my self an Enemy to Opiates in the Gout, unless the Pain be so acute, that it admits of no Rest, and endangers so violent a Defluxion that a Gangrene will ensue; for then there is an absolute Necessity for it: For want of this Knowledge in the

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Practitioner; and for his proceeding upon a vulgar and weak Caution, I saw a worthy Person lose his Life in a Gangrene, from too great a Diffusion, preceded by an uncommon Pain of the great Toe: I have try'd Sir *William Temple's Moxa* to no Purpose, for as soon as you remov'd the Gout (by the Application of Fire, to the Down of Mugwort, made up pyramidally to the Part affected) from one Part it retir'd to another; neither would I advise you to nettle the Part, because this draws down the Humours too forcibly; nor can I approve Bleeding in the Part, because all these serve to invite more Humours thither.

HUNGER

IS a common Accident on Journeys or Voyages, more especially where the Travellers turn their Faces Northwards, or too far Southwards; because it is not hard to perceive how the sharp Air mingles with our Spittle, and gets down into the Stomach, and there raises Hunger, if not Pain also: Travellers in Frost and Snow feel this Accident most of all others; for my own Part, I have not been able to forbear eating the very dry'd and raw Fish on Board in cold Weather: The Stomach is nervous, and is easily twing'd by these Particles; do we not find the very Country Air wholesome for

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for creating an Appetite? And do not Physicians act right in ordering pall'd Stomachs to retire into it? This you will say needs no Remedy, but a full Repast; but they who are under these Circumstances are never easy, but when they are eating; and that is not only excessive, but it heaps up a Load of Matter, which can't be dispens'd; moreover the Twitches are sometimes so violent, as to bring on Faintings, which well deserves our Notice and Care: Wherefore lest Eating alone shou'd not answer the Purpose, let such Patients drink a Glass of Sack, with one Scruple of Crabs-Eyes in it twice or thrice a Day, and this will allay and destroy those acrimonious Particles, that are swallowed down.

PLEURISY or an INFLAMMATION of the LUNGS.

WHERE the Cold is extreme, and Persons of weak Lungs are oblig'd to travel in it; it is not difficult to conceive, how this Organ will be render'd rigid, and the Blood be congeal'd there by it; because to a regular Circulation, there ought to concur a flexile Pair of Lungs and a thin Blood, and the Cold so affects both as to put a Stop to its Course, the plain Consequence of which, must be an Inflammation at the Point that won't yield; that is, the
Blood

for TRAVELLERS. 49

Blood is brought thither; but can't pass through, and all the adjacent Parts will be distended; and Pain, or however a great Difficulty of Breathing infect the Patient along with a Fever, that is, a Heat, a quick Pulse, a Drought, and Restlessness, besides a most troublesome Cough: When the Disease begins, the Breath is affected the Moment after the Attack, for how shou'd the Lungs play, when they become swell'd on their Insides? And how shou'd the Branches of the Trachæa Arteria admit of any more Air, when the Bladders can't be expanded? Here then we must in the first Place, make room by Discharges proper to allay the Hurry, and too great Influxes, into the Seat of the Disorder: We must draw off Blood to return the Circulation, and to prevent its hasty Motion to the Lungs, and we must prevent its Coagulation, and its Stagnation, subsequent to that, by volatile Salts or testaceous Medicines or small Liquors actually warm, and a gentle Warmth; and by applying warm Fomentations to the Breast; and if Pain requires, we may give some mild Opiate: Wherefore that I may not dwell too long upon Generals, Bleeding is convenient in both these Cases, inasmuch as a Discharge of Blood makes Room for the Remainder that is too much rarefied, and frees the Patient from the Danger of Suffocation: For such an Inflammation may

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if

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if it continues, choak the Diseas'd; then inasmuch as it diminishes the Heat of the Blood, and the Elasticity of it is thereby lessened, and lastly it restores the Motion, by lessening it crowding to the Lungs; and altho' some Physicians of old have declaim'd against Bleeding in Pleurifies, the frequent Deaths that happen'd from such Neglects frighten'd others, who took warning, and made them fall into an Opinion with proper Discharges. How many labouring under Fevers, have found all Means ineffectual, when this necessary one has been postpon'd? In short, where the Blood abounds, where the Temperament is sanguine, and the Season admits, Bleeding is always requir'd in acute Diseases: Nay, so agreeable and useful is it in Pleurifies, that it may be allow'd any Time before the Malady be quite deposited on the Breast and Lungs: Since therefore it is manifest by Experience, that the Heat of the Blood is abated by sufficient Bleeding, as well as its Rarefaction allay'd, and that the Blood begins to be restor'd to Motion, which had before nearly stood still; it ought certainly to be perform'd in the Beginning, and to be repeated, as often as the Circumstances of the Disease, and the Patient's Strength will permit: For there are many, who cannot bear a sudden Expence of Blood, and yet will bear repeated Bleedings

for TRAVELLERS. 51

ings to a small Quantity; great Quantities taken away at once hazard Swoonings, which are prevented by drawing off the same Quantity at different Times, and proper Distances. When this is done, they must endeavour to open the *Obstruction*, from what Cause soever it arises, which is principally by testaceous or well-diluted volatile Medicines: hence Crabs-Eyes, Pearl, burnt Harts-Horn, diaphoretick Antimony; hence volatile Salts and Spirits of Harts-Horn, of Salt Armoniack, Sal Volatile Oleosum are given; they must soften and relax the too tense Fibres, and cause Expectoration by Sperma Ceti, Oil of Almonds, and new-drawn Oil of Linseed, if they can come at it; by reason of the *Pain*, lenient Medicines must be administered both inwardly and outwardly, and among the chief of this Tribe is Laudanum it self, as prepar'd by the College Dispensatory; and outwardly we may apply Ointments, Plaisters, or Fomentations, which partly discuss, and partly mollify, so that the thinner Parts may be dispers'd, and the remaining temper'd, and so the Stimulation may be prevented; and lastly, if nothing else will avail, they may apply a Blister upon the Part, draw off Blood by Cupping, or bring the Matter to Suppuration, by suppurative Herbs, Roots, Gums, Fats, Oils and Ointments; which when done, it must be drawn out immediately to prevent further Pain; for Mat-

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ter grows acrimonious by staying in, wherefore open the Impostume when it is ready to be opened, which is known by the Softness of the Part, by the Abatement of the Redness and Pain, either with a Lancet or Caustick; as soon as it is open'd, cleanse it and heal it in the usual Manner: To moderate the *Heat of the Blood* attending Pleurifies, we ought to give cooling Emulsions and Drinks, and if the *Belly* is not open, we must administer Glisters. These Remedies are to be given in proper Doses, and as Occasions require in the following Forms.

To open the Obstructions, and dissolve the coagulated Blood;

Take *Milk-Water*, call'd *Alexipharmick-Milk-Water*, four Ounces:

Cold Cinnamon, and *black Cherry-Water*, of each four Ounces:

Dr. Stephens's Water or *Aqua Mirabilis*, two Ounces:

Diaphoretick Antimony, one Dram:

Syrup of Red Poppies, one Ounce:

Mix and make a *Fulep*, of which take three or four Spoonfuls often in a Day.

Or,

Take *Crabs-Eyes powder'd*, one Dram:

Volatile Salt of Harts-Horn, two Grains
Confection.

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*Confection of Alchermes without Musk,
one Dram and a half:*

*Mix and make three Bolus's, one of which
must be taken every four Hours, drinking
above it, four Spoonfuls of the following
Julep.*

Take *Bawm-Water, four Ounces:*
Mint-Water, two Ounces:
Black Cherry-Water, three Ounces:
Aqua-Mirabilis, two Ounces:
Pearl prepar'd and powder'd, one Dram:
Syrup of Red Poppies, one Ounce:

Mix and make a Julep.

To help Expectoration, and to ease the
Cough;

Take *Syrup of Maidenhair, two Ounces:*
Oil of Almonds, one Ounce:
Sperma Ceti, one Dram:

*Mix and make a Lambative, whereof take
one Spoonful or two very frequently, or
whenever the Cough is troublesome.*

Take *Of the Decoction for the Syrup of
Maidenhair, two Pounds:*
Balsamick Syrup, two Ounces:

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Mix and make a Liquor, of which let the Patient drink warm at Pleasure.

To ease the Pain (after Bleedings have been sufficiently premis'd) and Watchings;

Take *Black Cherry-Water*, two Ounces:
Peony-Water Compound, two Drams:
Syrup of White-Poppy, (call'd *Diacodium*) six Drams:

Mix and make a Draught, to be taken at Bed-Time.

Take *Sperma-Ceti*, two Ounces, melt it:
Oil of Almonds, three Drams:
Ointment of Orange Flowers, or of
Marshmallows, half an Ounce:

Mix and make an Ointment, to be rubb'd in Morning and Evening, and apply a warm Flannel over the Part.

Take *Sage*, and *Rue*, a Handful:
Elder and Chamomile Flowers, of each four Pugils (a Pugil is as much as can be held between your two Fore-Fingers and the Thumb at once):
Anise-Seeds and Cummin-Seeds, of each half an Ounce.

Bruise

for TRAVELLERS. 55

Bruise them, and boil them in equal Parts of Milk and Water; half fill an Ox-Bladder with this Decoction, and apply it warm, wrapt up in Flannel, to the Part, after the aforesaid Ointment has been soak'd in.

If Suppuration be required;

Take *Roots of Mallow or Marshmallow, of Lillies, of each one Ounce:*

Leaves of Mallows, Flowers of Chamomile, of each one Pugil:

Elder Flowers, four Pugils:

Fenugreek Seeds, and Mallow Seeds, of each one Ounce:

Fat Figs, eight:

Boil all these in Milk, till the whole Milk be evaporated; bruise them and add Hogs Lard, and fresh Butter, of each one Ounce and a half:

Mix and make a Poultice, to be apply'd Morning and Evening warm,

To temper the Heat of the Blood.

Take *Barley Water, two Pounds:*

Of the four large cold Seeds, of each half a Dram.

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Bruise all in a Mortar together, strain out the Liquor, and sweeten with Sugar, for common Drink to quench the Thirst.

To keep the Belly soluble, and procure a Stool ;

Take Barley well cleans'd a Handful:

Mallow Leaves, Mercury Leaves and Violet Leaves, of each one Handful: Flowers of Roses and Violets, of each half a Handful:

Boil in Water to half a Pound, add Cassia fresh drawn, and red Sugar-Candy, of each one Ounce, Oils of Lillies, and Line-Seed, of each half an Ounce, Common Salt one Dram:

Mix and make a Glister, to be thrown in upon Costiveness.

To all these Remedies you must keep quiet, drink Things Milk-warm, and encourage Rest.

A FEVER,

WITHOUT entring deep into its Nature, is most commonly caus'd by Cold, and on Roads it is hardly possible to avoid catching it, without very great Caution; because the
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Innkeepers, making the same Sheets serve various Companies by wetting and pressing them, do contribute greatly towards one; as I once found to my Cost, and nearly the Expence of Life. By this and such other Means are we affected with Cold, and evidently thrown into Fevers; and as no one's Temperament can be said to be accurately just, whoever is seiz'd, is said to labour under some Discreasy or other; if the Blood be more volatile, the Matter retain'd by the Cold's affecting the Pores, will be of the same Nature with the Blood, that afforded it; and an Excess of Matter never fails of raising Disorders of some Kind or other, if the whole Matter be deposited any where, a Disease peculiar to the Place it seats it self in, commences; but if it is blended in with the Blood and have active Principles, a Fever is occasion'd; and further of the Notion of a Fever, I am a Stranger to. These detain'd Particles change the Motion of the Heart and Lungs immediately, and all the other Functions according to their Distances from these Fountains of Motion; and the Secretions are affected yet more remotely, because no Secretion can be affected, till the Organ of Secretion, or till the Function changes its Office as to the Quantity, the Quality, the Manner, the Time, and other Circumstances. From these short Idea's, it were easy to account for all the various

Symptoms

Symptoms in Fevers, the Head-aches, the Vertigo's, the Lethargick Tribe; the Asthma's, the inflam'd Lungs; the Vomitings, the Colicks, the Fluxes, and in short, but all that happens in Fevers are so many Signs of Matter resting upon or secreted into the Parts, and do therefore require peculiar Remedies, as there are Causes residing there: But as the Traveller is not much interested in the reasoning Part, it may justly be deem'd an useless Imposition upon his Patience; yet some Things are necessary to be understood by him, that he may be capable of knowing the Circumstances when proper Remedies are to be applied.

IF then as soon as a Fever commences, it is highly incumbent upon him to try to nip it in the Bud, he must give a strict Attention to what I am going to advance. No sooner does Cold introduce a Fever, but a general Weakness attacks him, he feels chilly, if not shivers and trembles; his Pulse grows quick, and runs faster, he breathes much shorter, he grows sick, giddy, vomits, he grows thirsty, his Tongue becomes white, his Head throbs, and is painful, he loses his Appetite, grows hot and sweats, his Water grows high-colour'd, becomes costive or too loose, nay and at last he falls into Convulsions, Ravings, and dies. Common Experience will sufficiently inform us of all these Truths, and Persons having neglected the

for TRAVELLERS. 59

the Beginnings of Fevers, so as to lie but two or three Days down in Bed before they expire surprizingly, must confirm it to the weakest.

WHEN first they are seiz'd, and they perceive the Fever begun, let them carefully watch what Discharge to make, for some is always necessary, if their Fever be high; that is, if the Symptoms be violent, the Pulse is vigorous and strong, and they find Inflammatory Symptoms, such as Pains in the Head, a Difficulty of Breathing, a great Heat and Thirst; let Blood be drawn off to ten or twelve Ounces; and if these Symptoms continue with Violence, it may be repeated as soon as the Patient has recovered his Spirits: It would also be convenient to give a Glister before, if they be Costive, if not, after the drawing Blood. This Bleeding and Glisters may be alternately made use of, as the Symptoms first requiring them do still urge; and let them drink either Barley-Water with Syrup of Lemons in it, or common Almond-Milk, which is very agreeable so long as it keeps from souring; that is, it is good for four or six Hours in Summer, and for eight or ten in Winter, in our Climate: These ought to be taken plentifully, and the Patient must not feed higher than Water-Gruel or Panado: And if the Fever is not fixed and settled, 'tis Odds but by
keep-

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keeping moderately warm, this Regimen will take Effect in three or four Days; and if in that time they perceive any Signs of Concoction in their Water, that is, if it settles down to the Bottom, gentle warm Sweats will issue forth all over the Body, and the Fever will be determined. In this Case, Salt-Petre dissolved in warm Water, and sweeten'd with Syrup of Violets, is an excellent Liquor to drink in the Room of Barley-Water: These Methods, I say, do generally avail, if the Fever has not been suffered to form it self. The best Glister in this Case, is Whey and Syrup of Violets, with a Dram or two of Salt-Petre in it. Nothing contributes more for causing a Fever to form than Travelling: Wherefore there is a Necessity for any Person upon a Journey on the Road, to betake himself upon Shivering, from which a Fever ensues, to Bed or a warm Room. There is no other Method whereby to prevent more dreadful Consequences.

If such a Fever be really form'd, more exquisite Care must be taken: Give them the following Powder every four Hours in a Spoonful of the Julep; namely,

Take *Crabs Eyes and Coral*, of each two
Scruples:

Salt-Petre purified, one Scruple:

Cream of Tartar, half a Dram:

Mix

for TRAVELLERS. 61

Mix and make a Powder to be divided into four Parts, one of which take in a Spoonful of the following Julep, drinking above it four Spoonfuls more.

Take *Black-Cherry-Water*, five Ounces:
Bawm-Water, three Ounces:
Cinnamon-Water, two Ounces:
Pearl prepared, one Dram:
Syrup of Lemons as much as suffices:

Mix and make a Julep; of which also take five or six Spoonfuls, when the Patient is faint or sick at Stomach.

This must be done till the Heat abates and the Water settles, then drink Sack-Whey plentifully, and expect Sweats to follow, which generally do: However, if they don't succeed according to your Expectation in two or three Days, and the Fever seems to be at a Stand, let the Patient take the following Potion early in the Morning.

Take *Rhubarb*, two Scruples:
Sena of Alexandria, one Scruple:
Salt of Wormwood, five Grains:

Infuse these in Water over the Embers all Night; strain it in the Morning.

To

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*To three Ounces of it put Syrup of
Peach-Flowers, one Ounce:
Aqua Mirabilis, three Drams:
Mix and make a Potion.*

Repeat this once or twice at proper Distances; that is, omitting a Day each time, if it operates thrice gently; if it chances to work more, omit two Days each time; and at Bed-time, after each Dose, give the Patient this quieting Draught to hinder any Commotion that may be raised in the Blood by it.

*Take Black-Cherry-Water, two Ounces:
Compound Peony-Water, two Drams:
Syrup of white Poppies, half an Ounce:
Gascoign's Powder, one Scruple.*

*Mix and make a Draught to be taken at
Bed-time.*

The Days the lenient Potion is not taken, give the Patient cordial Bolus's to cherish the languishing and drooping Spirits occasioned by the Fever's Continuance; for nothing wastes those like a Fever, nor does any thing recruit them more than gentle Aromatics and testaceous Medicines; wherefore let the Patient take the following Remedies:

Take

for TRAVELLERS. 63

Take Gascoign's Powder, twenty-five Grains:
Contrayerva Stone powder'd, half a
Dram:

Goa-Stone in Powder, fifteen Grains:
Confection of *Alchermes*, one Dram
and a half:

Syrup of Clove Gilly-Flowers, as much
as will make it up into the Consistence of a soft Bolus:

Divide this Mass into four equal Parts,
and let him take one every four Hours
whilst he keeps awake, for he must never
be awak'd to take it, and drink a small
Draught of the following Julep upon it:

Take Mint-Water, four Ounces:

Bawm-Water, two Ounces:

Black-Cherry-Water, three Ounces:

Dr. Stevens's Water, one Ounce and
half:

Powder of Pearls, one Dram and
half:

Syrup of Clove Gilly-Flowers, as much
as will sweeten it:

Take six or eight Spoonfuls at a time.

It is very remarkable, that most of the
Symptoms that accompany this hot Fever,
may be abated by Bleedings; and I will
instance in a few of them, because it is

of
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of Necessity to be informed of them, since few Fevers ever do arise without some Symptoms; they denote the Degrees of Violence: And altho' any Person, who manages from the Beginning according to the Advice I have given him, will be as little liable to Symptoms as can be; yet it is hardly possible to be entirely void of some: wherefore, if a Pain of the Head be troublesome and disturbs their Rest, and the Pulse be strong enough to bear it out, draw off Blood at proper Distances till it be much moderated; and proceed as is directed in the taking the Fever radically off. If an Inflammation of the Lungs, or a Pleurisy, attacks them with a Fever, as is very usual upon great Colds, then you are to look back to what I have said on that Head, and proceed as is there directed; but you must take Care not to draw so much Blood in the Fever as if it were a solitary Pleurisy: that is, we are to weigh whether the Fever be the Cause of the Pleurisy; if it be, the Fever has been perceived before the Pleurisy attacks them; and in this Case we are to abate the Symptoms with the greatest Regard to the Fever its Cause; this makes us very cautious in the Quantity to be drawn off, lest we leave too few Spirits for carrying off the Fever; for when you abate the Inflammation in a Pleurisy, the Fever depending on it ceases; but the Pleurisy

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of a Fever, or the System of a Fever is abated, and yet the Fever subsists; the Bleeding taking off the Pleurisy, and in the same Manner, carrying off the Fever, the Pleurisy would cease of course: But as there happens a great Fluxion to the Lungs, which must be so far allayed by Bleeding and cooling Things, as the Spirits will bear, the Reader will be pleased to excuse this Digression; but as it is for his own Sake this Care is taken, and ought to be pardon'd, and all I would say, is to cause a watchful Eye to be cast on these two Points, to wit, to observe whether the Fever follows the Pleurisy, or the Pleurisy the Fever, and if the Pleurisy succeeds the Fever, then must they take Care to draw less Blood than if the Fever followed the Pleurisy; for in the latter Case, the Inflammation is only to be regarded and cured; whereas in the first Case, the Fever is what we are to eradicate. If a violent Scorching and Burning attends the Fever, Bleeding is here also to be administered till it be abated, and cooling Drinks, such as Toast and Water, and the like, are to be encouraged, till it is much lessened; and then must they proceed, as is already said above. If the Vessels break and pour forth Blood, as they frequently do in high Fevers, Bleeding, by taking off a Quantity, unloads the Vessels, so that they can come nearer together

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ther and close up; it is highly conducive at the same time to give Emulsions, in which is boiled Gum Arabick for common Liquor; and to apply outwardly, a Tent thrust up the Nostril, from whence it proceeds, made up with a little Colcothar of Vitriol, and the White of an Egg beaten to Water; and to proceed in every Thing, as is said: If the Patient be lethargick or sleepy under a strong Pulse, and at the Beginning of the Fever, Bleeding is here also required, for the Blood passing rapidly thro' the Vessels, fills them, and so compresses the Brain, and hinders the Secretion of Spirits; and consequently their Quantity is lessened and their Motion abated, for Sleepiness is a Rest of Motion, as Watching is its Contrary; and in Truth, both in this high Fever are frequent, and both are curable by Bleeding, because there is too rapid a Motion in both Symptoms; but the Constitution of the Blood differs in them: In the former, the Blood is too hot and cohesive, but in the latter, it is hot and dissolved: Besides, Bleeding dilutes and answers both Ends; for in the former, it dissolves the Coagulation, and in the latter, it dilutes the Salts, and hinders their nimble Atchievements. If *Ravings* come on at the Beginning, as is very common in certain Constitutions, they are not dangerous, but frightening Accidents; and as they depend upon a tumultuous Motion

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tion raising Idea's, they are not abated without Bleeding in a plentiful Manner, and quieting Draughts at Bed-Time, plentiful drinking of small and Watry Liquors and poor Diet. *Convulsions* themselves are but a different Degree of Motion in the Blood and Spirits, to be remedied in the Beginning, where the Pulse is strong, with Bleeding, Diluters and quieting Draughts: I think I have made it evident, how this State of Fevers and most of the common Symptoms attending, are to be taken away; I shall now descend to take Notice of the opposite State of Fevers.

WHERE a Fever seizes on a dispirited Man, his Fears and Discontents weaken or eclipse his Spirits, or at best his Spirits are few and incapable of managing a Fever; this unhappy Circumstance bodes but ill, because a Burthen is to be carried by a disabled Porter, who is likely to sink under it; and if the Patient is full of Humours, it is odds, but he is lost without peradventure: however it is the Business of a Traveller to be well appriz'd of his Condition, to apply to proper and learned Assistance, and not to trust himself, unless he can't be supplied with any better; it is chiefly for such calamitous Persons, I give these Directions, and there is this Comfort you have even under Assistance, that you will be aided in judging who is the most

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capable

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capable of serving you: The Load of Humours is presently encreased by the Stoppage of the Perspiration, the spiritless Mass is laid up in the Vessels, and circulates with Difficulty, and shews some Marks of even standing still: If the Patients at falling ill complain of a Load at Stomach, let them take a Vomit: such as follows is a good one.

Take *Half a Dram of Ipecacuanna Root powder'd:*

Oxymel of Squills, as much as suffices:

Make a Bolus to be taken at Five in the Afternoon, and drink Carduus Tea plentifully after it.

Or if the Bowels seem to be distended with Wind, as will appear by the Roaring of the Guts, Colick Pains and a blowing up of the Belly; then let the Patient omit the Vomit, and take the following Potion.

Take *Sena Leaves cleans'd and pick'd from the Stalks, one Scruple:*

Rhubarb the best, powder'd, twenty five Grains:

Cream of Tartar, fifteen Grains:

Infuse them all Night in four Ounces of boiling Water, strain them out in the Morning,

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Morning, and put equal Quantities of Syrup of Peach Flowers and Cinnamon-Water, (or of each one Ounce): Take this Potion early in the Morning.

Bleeding is hardly allowable in this dispirited Condition, unless the Plenitude be very great; then fall to work to encourage the Spirits by Cordials of all Kinds, such follow with Directions.

Take Powder of Crabs-Eyes, half a Dram:
Gascoign's Powder, one Dram:
Volatile Salt of Hartshorn, six Grains:
Conserve of Rosemary-Flowers, one Dram:
Syrup of Clove Gilly-flowers, as much as suffices.

Make up the Ingredients into a Mass of a soft Consistence, divide it into four Bolus's of equal Bigness; take one every four or five Hours, drinking above it six Spoonfuls of the following Julep.

Take Black Cherry-Water, and Alexiterial Milk-Water, of each four Ounces:
Mint-Water and Bawm-Water, of each two Ounces:
Compound Peony and Dr. Steven's Water, of each one Ounce and a half:
Sal Volatile Oleosum, one Dram:

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Pearl Powder prepar'd, one Dram and a half:

Sugar (of the most refin'd) as much as will sweeten it.

Make a Fulep.

It is to be observed, that the Apothecaries to make the Cordial Powders swim in the Cordial, do frequently put a little Gum Arabick in Powder into it, which adds to the Beauty of the Cordial, by suspending the Powders, but does no Service to the Virtue, but rather retards its Operation; wherefore forbid it.

Take Spirit of Lavender, two Drams and a half:

*Of Hartshorn, one Dram and a half:
Tincture of Saffron one Dram:*

Mix, and make a Mixture, of which take fifteen or twenty Drops, in Wine and Water twice a Day, or whenever you are faintish.

These few Remedies judiciously administered, will produce the proper Effects, and restore the Spirits, as well as change the Blood's Consistence; that is, will attenuate it, and add new Life; they will invigorate the slow Motion of the too cohering Fluids, cause a due Separation of Spirits, make a proper

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proper Separation of the peccant Matter, cause the Urine to subside, procure Sweats, and discharge the Fever: All this is daily done by our greatest Physicians in Practice, with little Variation from what I have here order'd; but whenever the Symptoms in this Kind are violent, Blisters do Wonders; so if a Head-ach with Sleepiness attacks you, apply a Blister somewhere: I take the Legs to be the best Place to apply them first; they will raise the creeping, languid, weak and small Pulse into a stronger, and larger, and so will both divert and discharge the Cause of it: They will attenuate the Cohesions, and force on the Blood, which is at present ready to stand still, in every Extremity; they put the Vessels into Oscillations and Tremblings, which they ought naturally to have, and which they had nearly lost. In malignant Pleurifies or pleuritick Fevers, they do great good, because here the Blood, clustring into small Concretions, grows too large to pass the Diameters of its Vessels, and therefore stands still and grows preternaturally sharp, stimulates the Membranes, and all the Places it should run through, distends them, even to such a Degree, as to mortify the Parts; and in such a Case, the Blister were better apply'd to the Breast where the Pain is fix'd: In a Lethargy or any Drowsiness, where the Pulse is weak, Blisters serve to

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divert the Humours flowing up to Head into another Channel, and contribute to disperse those already settled there, by giving an universal Elasticity to the Fibres and Membranes, which are not passive, as some wou'd fondly and vainly imagine: By this the Vigour of the Circulation is renew'd, nothing peccant will have leisure to settle, and what is already deposited, will be sent into its ordinary Course; nor are the Remedies I have now mentioned to be neglected; at last the Urine will subside, and throw out Part of its Peccancy, and Sweats will effect a sudden Change to the better; These few Instances are sufficient to give an Idea of what is proper in this State; wherefore I shall descend to some further Particulars, first making you observe that the Liquors and Diet in this Sort, ought to contain somewhat of Wine in them, for the Repair of the consum'd and wasted Spirits.

HOWEVER Cold alone does not always cause these Fevers, for Heats are also vastly troublesome on Journeys; because the Sunbeams, being near the Line, and falling perpendicularly on Travellers, never fail of putting the Blood into great Commotions and Elevations; they cause Thirst, by evaporating the necessary Fluids, and leaving pure Salts in the Mass with hardly so much Serum as to keep them from turning
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ing into solid Masses, and huddling into dry Concretions; from whence our Spirits are put into such unusual Tumults, that burning Fevers of a malignant Nature are often produc'd, and all its Symptoms, which are numerous. We ought for Prevention-sake to avoid travelling in such Heats, and the Company to agree to set out early, and to set up as soon as the Sun gathers Power, and so return to the Journey till his Heat is abated, and if possible to be shelter'd by Ombrels. We must avoid cooling our selves by too cool Liquors, and I must here observe, how many Persons in warmer Climates destroy themselves by gratifying their Thirst, with sour Fruit; especially Limonade, in a plentiful Manner: This and other Liquors of that Kind do cool for the present, but as they thicken the Blood suddenly, they make it unfit for so rapid a Circulation as the Climate requires, and then it is apt to stick every where, and raise Inflammations and Heats of fatal Consequence. The most safe Remedies for Thirst, are Pebbles roll'd in the Mouth, or the Stone Chymists call *Lapis prunellæ*; they should not drink but at Meals, for Dilution of their Victuals; it is true that a Notion has obtain'd, that a Dram of Brandy or of some warm Cordial does allay Thirst well, which is no weak Supposition; so far is true, that in great and violent

violent Heats, the Spirits evaporate with the Blood, that is, the spirituous Part of the Blood exhales and leaves the whole Mass a languid Substance, and a Dram repairs the Loss for a while, and by returning the Spring of the Fibres, the Secretions, which grew languid by this Waste, are repromoted, and among the rest that of the parotid Glands returns, and Thirst abates; however a moderate Dram is conveniently given to prevent the Damages Travellers that are parch'd with Thirst, receive by too large Draughts they take of small Things. As Inflammations are a most constant Attendant on Heats, give me leave to mention them.

INFLAMMATIONS.

WHERE the Heats are so excessive as I have just now mentioned, it is hardly possible for unwary Travellers to avoid this Misfortune; to wit, some Part or other will be attack'd with an Inflammation; which may be readily conceiv'd to be produc'd in this Manner; as calling off a necessary Part of Serum by Fire turns the Blood into a Jelly, so by a greater Heat the Serum becomes tough and fibrous; by the latter polypous Concretions grow in the Vessels, which quite abolish the Circulation: This is seen daily in the great Towns

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Towns in *England*, where Drinkers of Spirits drop down dead, and upon Dissection polypous Concretions are found in the large Arteries: But in the former Case, the Blood gathers into little Clusters, and does not pass through the Vessels, and raises Inflammations, which being neglected or ill-manag'd, turn into a Gangrene, or at least into Abscesses. One general Remark is this, to wit, no internal Inflammation whatever ought to turn into an Impostume; and if this be a standing Rule among the Sages of the Faculty, I pray weigh seriously what Care ought to be taken to avoid this Inconvenience: No sooner then is a Traveller seiz'd with any internal Pain, whether in the Stomach or Belly, that is violent, that is accompany'd with great Heat and Feverishness, Thirst, and a Soreness upon touching, but Recourse must immediately be had to the Lancet; take off without delay ten, twelve or fourteen Ounces of Blood from the Veins, and repeat this Method at a convenient Distance, as often as the Pain and Fever do require, and give inwardly cooling Liquors, especially Emulsions at Pleasure made of Almonds, and let them take the following Prescriptions.

Take *Of Milk-water, three Ounces:*
Peony Water, two Drams:

Syrup

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Syrup of Violets, three Drams:

Saltpetre purified, one Scruple.

Mix, and make a Potion to be taken once in four Hours.

This Julep will by its Coolness and gently inciding Power, hinder the Hurry the Blood is under, and will in great measure, after necessary Bleedings, stop its Bent towards the Part affected. If we have Occasion to proceed further in this Design, the following Prescriptions will be of great Use.

Take Crabs Eyes, one Dram:

Spirit of Vitriol, twenty Drops:

Conserve of Mallow-Flowers, one Dram:

Syrup of Lemons, as much as will make these into a Mass.

Divide it into three Bolus's one of which take every fourth Hour, drinking above it six Spoonfuls of the following Mixture.

Take Black Cherry-Water, and Milk-Water of each four Ounces:

Of Dr. Steven's, half an Ounce:

Of Distill'd Vinegar, one Dram:

Of Sperma Ceti dissolv'd in the Yolk of an Egg, half a Dram:

Of Crabs Eyes, two Scruples:

Of

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*Of Laudanum the Solid, two Grains;
Syrup of Clove Gillyflowers, one Ounce.
Mix, and make a Mixture.*

By these Remedies, the Blood's Velocity will be retarded; its Acrimony, which proves a Goad in the fleshy Fibres, and invites the Blood to return with Violence to the fretted Part, will be abated; the Stagnation will be prevented or taken away, and the Inflammation will be abated and quite cur'd; for I don't here suppose the Traveller to have delay'd the Beginnings, or to have put off Bleeding, till it has pitch'd its Tent irrecoverably: It wou'd be too voluminous a Work, if I were to give Directions for all inward Inflammations already fix'd; moreover in that Supposition, it wou'd be vain to expect Relief at all; he must content himself with his Fate; to wit, he must look out for a safe Harbour in the other World.

COSTIVENESS.

THE Heat of the Weather contributes greatly to this Disorder, because the Traveller either sweats, or however perspires more through the Pores, and it is a stated Observation, that as one Secretion encreases, some other abates in Proportion; wherefore the Glands of the Guts are rendred dry, and the

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the Excrements stick to them; this is so much the more troublesome, as it often produces Colicks, the Piles and the Twisting of the Guts, or even Fevers, and Inflammations of the Bowels: In order to relieve this Malady, let the Patient take the following Potion.

Take *Fennel* or *Mint-Water*, fourteen Ounces:
Glauber's Salt, six Drams:
Syrup of Solutive Roses, four Drams:
Aqua Mirabilis, two Drams:

Warm, mix, and make a Potion to be taken at Bed-Time.

Or,

Take *Oil of Almonds*, one Ounce:
Syrup of solutive Roses, one Ounce and a half:
Compound Peony-Water, two Drams.

Mix, and make a Potion to be taken at any Time, that Necessity requires without any Regimen.

If such Persons have been accustom'd to smoak Tobacco, I should advise them to swallow the Smoak of it.

BLIND-

BLINDNESS.

IN travelling Northwards, it very often happens, that Persons lose their Sight in the Winter Season, when Snow and Frost affect their Membranes partly with Cold, and partly with too great a Glare; for doubtless the Frost is as troublesome to the Eyes, as if Acids had fix'd upon the Teeth, or Prickles on the Feet; it is not unusual from such a Cause to find Wolves themselves blinded: If the Cold be continued it has an Effect on the Membranes only at first; but at last it affects the Humours also: as it happens in Cold-bathing, where if we stay in a while, the Fibres are contracted and their Elasticity is increas'd; but if we stay a long Time in the Water, the Fibres become rigid, and the Fluids are affected and rendred gross and tenacious: an Egg that is frozen receives its Alteration from the Frost, on and thro' the Shell. Thus the aqueous or the other Humours are congeal'd, and the Rays can't pass thro' this Curtain; there is an opposite Cause of Blindness from the Air also, namely, when the Sun-Beams are so hot and glaring as to parch up the aqueous Humours, and then also Blindness will ensue: It is common with Glass-Men to avert and prevent this Evil with Nets before their Faces, whilst they

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they are at Work before their Fires: Cooks do often suffer great Prejudice in their Eyes from such a Cause.

IN order to assist such Persons, it wou'd do well for them to travel with Glassees on a Mask, or if they can't bear the Light, to wear some green Network over their Faces; and if they have already receiv'd some Damage, and are afraid of more, let them use, in a Case from Cold, the following Lotion.

Take *Fennel-Water*, three Ounces:

Spirit of Sal-Armoniack made with Lime, twenty Drops.

Mix these in a Brass Mortar, till they grow blue:

Dip a Sponge in this Liquor, and bathe the Eyes with it often in a Day.

But if it proceeds from the Heat and Glare of the Sun, and has thicken'd the Humours a little, so as to occasion a Degree of Blindness, then wash the Eyes with the following Lotion.

Take *Spirit of Vinegar*, three Ounces:

Powder of Crocus Metallorum, fifteen Grains:

White-Vitriol, four Grains:

Let

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Let them stand for some Hours, filter them thro' Cap-Paper, and drop a little into the Eyes.

Or,

Take *Rose-Water* four Ounces:

Volatile Salt of Hartshorn, four Grains:

Mix, and make a Lotion, to be put upon a Cloth, and to be worn all Night, for some Time.

In the former Case it wou'd be convenient to take twenty or thirty Drops of the same volatile Salt of Salt Armoniack, made with Quick-Lime in any Liquor thrice a Day; but in the latter Case, it is better to take an Infusion of Horse Dung in Milk-Water, to four Ounces twice a Day for some time. Discharges by Bleeding, Physick and Vomiting are here of no Use, for the thickened Humours are to be attenuated in such Manner, as the Nature of the Thickness requires, by Intervals and external Applications: If it is a perfect Suffusion, a Cataract will ensue, which is a Work of Time to remedy, and proper Surgeons must be consulted.

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NUMB-

NUMBNESS.

THE Severity of the Weather does often produce this Malady in Travellers, and this is often attended with a Sort of Stupidity and a Heaviness of the Head; the Northern Travellers seiz'd with this Sort of Illness, as soon as they are seiz'd, must dismount from their Horses or Carriages, and avoid sleeping, as they wou'd Poyson or a Precipice, for it has been found, that if they indulge themselves, they seldom awake again; they must walk with great Industry with all the Speed they can, and by Motion put their Blood and Spirits into their Course, for the want of which they wou'd infallibly die: They must take large Quantities of warming Things to invigorate their Juices; and as all these Symptoms are Effects of the Cold congealing the Juices, it were advisable to have by them the strongest volatile Cordials, to rouse up the Spirits and to restore the Circulation: Hence let the following Mixture be made up, if you can come near any proper Places.

Take *Strong Wine, four Ounces:*

Spirit of Hartshorn; thirty Drops:

Oil of Cloves dissolv'd on Sugar, three Drops:

Mix, and drink it up often in the Day:

It

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It would do well, in such a Case, to clothe in Flannel, dipt in rectified Spirit of Wine camphorated; and these Things should be repeated from Day to Day, till the Complaint vanishes: And as the same Cause will probably produce the same Effect, it were advisable not to stir abroad any more, till you are perfectly recover'd, or till the Severity of the Weather were abated.

CHILBLAINES and KIBES.

HOW trifling soever these may appear, they create Uneasinesses unexpressible to Travellers, because they inflame and exulcerate; and neither Shoe nor Boot can be suffer'd: Besides, they often turn into Gangrenes. It is every one's Experience, that the Cold and Snow will produce this Malady, by getting in and fixing their eager Salts upon the Heels; so that the Acids of the Snow being very sharp, prick and cut the Fibres unmercifully, and if they be very keen, they will quite destroy the Texture of the Part: Hence do necessarily follow Mortifications. We are to consider how far they have prevail'd on the Part; if they have only produc'd an *Inflammation*, by their stimulating Quality, then it is to be consider'd, that the Salts are first to be taken out, by washing the Part affected with Water, warm or cold; and this is an odd Circumstance, which,

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however,

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however, is absolutely necessary, before we attempt any other Method: Because the dagger'd Salts cannot be without Hazard attack'd with such volatile or fixt Salts, as wou'd correct them first; lest the very Struggle that would be made between them in so strait a Space as they are pegg'd into, should tear the Flesh asunder; whereas Water dissolves them quietly, and washes them off from the Pores they were stuck into, and then will it be proper to make use of such other Methods as come in Play for the remaining Cause of impacted Humours. So that we may say, the little Isicles, imperceptible to us but by the Pain they create, are to be dealt with like extraneous Bodies; they are to be pluck'd out of the Parts they are fixt in, before you can proceed to cure: Thus it is in *Gun-shot* Wounds, when Bullets, Tow, Rags, and many other extraneous Bodies, are carried into the Parts, the Surgeons know there is no safe Cure to be made, until these Things be pluck'd out. This Hint is sufficient for Travellers to account for this odd Appearance; when this is done, it must be consider'd how far the Heels are injur'd, namely, whether they are inflam'd, ulcerated, or gangren'd; because we must use different Remedies in all of them; for the Kibes, before they are inflam'd, warm Water is sufficient, to wash them with, Morning and Evening, or as soon as they perceive

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ceive any Uneasiness there, let them wash their Heels every Night with cold Water, at Bed-time ; but if they are actually inflam'd, washing does well to get the Isicles out ; and then we must disperse them by the following Methods :

Inflam'd CHILBLAINS.

Take *Spirit of Wine rectified, four Ounces:*
Venice Treacle, one Ounce:

Mix, and make a Mixture, into which dip a Rag four-double ; apply it to the Part, and tye it on : Let this be done every Night, and be kept on the whole Night.

Or,

Take *Oil of Turpentine, three Ounces:*
Spirit of Salt Armoniack, half an Ounce :
Tincture of Myrrh, one Ounce:

Mix, and bathe with this at Bed-time, and lay doubled Cloth dipt in it upon the Place all Night.

Or,

Take *Broom Ashes, one Handful:*
Wormwood and Centory, of each half a Handful :

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Boil

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Boil these in four Quarts of Water, to two; strain out the Lixivium, and when you use it, warm it, and add a little Spirit of Wine to it; bathe with this, especially at Bed-time, and lay on warm Flannel upon it all Night. You ought to bathe also in the Morning, if you have Time and Conveniency.

I HAVE set down so many Receipts for these Kibes, because if one can't be got, another may possibly be found; I hope these will suffice: But if the Kibes become ulcerated, then must the Traveller be at more Pains; wherefore he is to dress them Morning and Evening in the following Manner:

Ulcerated CHILBLAINS.

Take Turpentine dissolv'd in the Yolk of an Egg, one Ounce:

Soot of Wood, or if you can't have that, of Coal, half an Ounce:

Spirit of Turpentine, one Dram:

Mix, and make a Balsam, which spread upon a Pledgit made up of Lint, large enough to cover the Ulcer; repeat this Morning and Evening, tie it well on with warm Cloths over all, and this will heal them in Time.

Or,

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Or,

Take *Tincture of Myrrh*, one Ounce:

Hiera Picra made with Spirit of Wine,
two Ounces:

Mix and bathe warm with these, then
apply the following Liniment upon the
Ulcer, and tie it up, and keep the Part
warm.

Take *Sperma Ceti* dissolv'd in the Yolk of an
Egg, two Drams:

Oil of Spike, or of *Petroleum*, three
Drams:

Turpentine dissolv'd in the Yolk of an
Egg, two Ounces:

Oil of Amber, two Drams:

Liniment of Arcaeus, three Ounces:

Mix, and make a Liniment to be spread
thick and apply'd.

BUT if the Part should be yet more in-
jur'd, which frequently happens to those
who go Northwards, even so suddenly as in
one Night's Time, then Care must be taken
to supply the Patient with volatile Spirits in-
ternally; thirty Drops, therefore, of Spirits
of Hartshorn, must be taken often in a Day
in warm Wine; and they ought to be sup-

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ported with other warm Cordials internally;
namely,

Gangren'd CHILBLANES.

Take *The Powder of Virginia Snake-weed-
Root, one Dram:*

Gascoigne's Powder, two Drams:

Venice Treacle, one Dram and half:

*Syrup of Clove-Gillyflowers, as much as
will make the Mass softish:*

*Divide this into six Bolus's, take one every
fourth Hour, and drink above it, eight
Spoonfuls of the following Cordial;*

Take *Mountain, or any strong Wine, one
Pound:*

Water, half a Pint:

*Oil of Nutmegs (Mace or Cinnamon)
half a Dram:*

Sugar, what suffices:

Sweeten it, and make a Cordial Fulep.

Take *Phagedenick Water (made up of Sub-
limate Mercury dissolv'd in Lime
Water, and pour'd off clear) warm
it, and bathe the Part with it for a
Quarter of an Hour;*

This

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This Mixture will help the mortified Flesh to separate.

Or,

Take Spirit of Hartshorn, two Ounces :
Tinctures of Myrrh and Amber, six Ounces :

Mix, and make a Mixture to bathe the Part with, after having scarified to the Quick. Then

Take Spirit of Wine rectified, two Ounces :
The Ointment call'd *Aegyptiacum*, three Ounces :

Barley Meal and Linseed boil'd in strong Wine or Beer, half a Pound :

Make of all a warm Cataplasm, to be apply'd Morning and Evening.

Take Spirits of Hartshorn and Lavender, of each two Drams :

Mix, and make a Mixture, of which take fifteen Drops thrice a Day in Rue or Black Cherry Water.

When the dead Flesh begins to fall off or separate, then we may digest, incarn and cicatrise, as will be seen below in Wounds.

C O N-

CONTRACTIONS.

T H I S is experienc'd daily to be an Effect of Cold ; but in travelling Northward, nothing is more common than it, by sitting long in a Posture : In the Cold the Limbs are not to be disengag'd from the Posture, the Cold has shortened them in it ; and this is easy to be understood by any who has the least Notion of the Animal Oeconomy, and which, for the Traveller's Satisfaction, I will endeavour to explain in as few Words as I can. A small Degree of Cold contracts our Fibres, and by this Mechanism it happens that our Fluids circulate better by a little cold Weather, and this, as well as Motion, strengthens our Fibres ; but if they be continu'd under such a Regimen, they shorten and straiten so much, as to stop the Fluids in their Circulation, and so do cause Obstructions of all Kinds, and the Fibres grow rigid, and won't be mov'd at all. It is easy to take a View of what happens in this Case ; for this Disorder requires internal Diaphoreticks, and warming Remedies ; but externally, in the Beginning, all warm Things are to be avoided, and cold Things are to be apply'd ; because the Isicles are first to be disingag'd, which is one of the best Proofs that Cold is a positive Body. Wherefore, before the Traveller enters into any

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any warm Room; let him rub the contracted Limb with Snow or cold Water, in order to take off the frigidick Particles, which by the Heat wou'd tear the Part in Pieces. This we are taught by Experience when Children; the Approach to the Fire gives Fingers benumb'd by Cold, such Tinglings as cannot be borne by them: But as soon as this is done, we may apply Oils of Spike or Turpentine, or a strong Decoction of Rue, Scordium, Wormwood, Centory, and the like, with Spirits of Wine camphorated, to the Part; and if the Part be much distended and red, so as to endanger the Limb, it must first be scarified; thus will these contracted Limbs return to their former Agility.

Blister'd PIMPLES.

THESE are one of the utmost Effects of Cold; because if the very minute Lymph cannot return, what will? In sharp Bloods these Pimples are frequent; and if by a Mixture of Cold, along with an acrimonious Blood, a Struggle shou'd arise, or if by Cold these sharp Particles stand still, they won't fail to blister the Skin. They are in the present Case, Fore-runners of a Gangrene, and ought therefore not to be neglected: If the Cold alone produces them, we must not apply any thing to the Part till it has been wash'd with cold Water first; and then will
it

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it be convenient to bathe the Part with Spirit of Wine in which Sugar of Lead is dissolv'd: This will disperse and make them fall away; but if the Blood be vitiated, it will be necessary to make these Parts go off by Prescription; and therefore

Take *Cinnabar of Antimony, one Scruple (twenty Grains):*

Volatile Salt of Amber, two Grains:

Venice Treacle, half a Dram, or two Scruples:

Syrup of Clove-Gillyflowers, as much as will make a Bolus:

Take one every Night at Bed-time, drinking above it the following Mixture.

Take *Lime-Water, three Ounces:*

Aqua Mirabilis, one Ounce:

Gascoigne's Powder, fifteen Grains:

Syrup of Clove-Gillyflowers, as much as will make a Draught:

And endeavour to sweat after these.

Let these Things be continu'd for some Time, that the Blood may be oblig'd to circulate every where equally, and the Occasion of these Pimples may be taken off.

B L E E D-

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B L E E D I N G S.

IF the Air be too hot and scorching, the Blood is put into great Hurries; and if it be also too saltish, it will not fail to distend the Vessels beyond their ordinary Banks or Limits, and at last to break them; and then Blood flows either by Urine, or the Nose, or Womb, or indeed through any Passage where the Vessels can't bear the Load. This is so easy to conceive, that I need say no more to make it conceiv'd: The Traveller easily may distinguish when it proceeds from this Hurry, because he finds himself overheated, his Pulse gallops, he is feverish and thirsty. In this Case, Blood must be taken away, because Bleeding prevents Bleedings; nay, Bleeding must be repeated as Occasion calls for it; and when this is done, we must give all those Remedies inwardly, which will cement the Blood together again; because Hurries break its Texture. Wherefore

Take *Dragons Blood, one Dram:*
Seal'd Earth, half a Dram:
Coral, one Scruple:
Conserve of Red Roses, one Ounce:
Syrup of Lemons, as much as will make
a soft Mass:

Take

Take the Bigness of a Nutmeg of this Electuary, and drink six Spoonfuls of the following Julep after it; repeat this Bolus every fourth Hour.

Take Plantane Water and Black Cherry Water, of each three Ounces:

Spirit of Vitriol, half a Dram:

Cold Cinnamon Water, two Ounces:

Syrup of Lemons, one Ounce:

Red Coral, one Dram.

Mix, and make a Julep.

Take Nettles and Plantane Juice, of each one Ounce:

Sugar of Roses, half a Dram:

Mix, and make a Mixture, to be taken early in the Morning, and at Bed-time.

Let their Victuals consist of Rice, Jellies, Wheaten Flower; let their Liquor be Tincture of Roses, (made of Rose-Buds boiled in Water, sharpened with Spirit of Vitriol, strain'd and sweeten'd) or common Emulsion of Almonds, or even of Milk and Water, or of Vinegar, or Water and Sugar; because it will cool, and dilute, and allay the great Commotion rais'd. By these, and the like Remedies, the Blood too much dissolv'd may be bridled

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bridled to any Degree; it may even be coagulated by these Remedies, if they are not discreetly manag'd. However, it is to be cherish'd, as a Maxim, not to have Recourse to these Remedies at the first Onset; because Travellers do often receive great Good by Bleedings, and they often serve to prevent other great Diseases; wherefore they ought to be neglected, unless they prove weakening.

Convulsive PAINS.

THESE are most commonly caus'd by lying in moist or wet Rooms, Travellers being oblig'd to take such Lodgings as Chance allots them; their Lodging Rooms are often newly plaister'd, and damp, and strange Salts are convey'd into our Bodies by the Moisture they swim in; or they have newly wash'd the Chambers allotted you, or their Beds are wet and musty. Thus are our Pores not only shut up, but strange Particles are convey'd into our Blood, and our Spirits chang'd in their Nature: The Nerves are twitch'd every where, and Twitchings of the Nerves ensue. In order to prevent Damage from such Air, a Traveller shou'd be fore-arm'd; he shou'd clothe well; he should cause good Fires to be made to air his Room he designs to sleep in; and in the mean while he shou'd busy himself in the ordinary

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ordinary Offices of the House, which are kept always in good Order; he shou'd peremptorily refuse to sleep in new-plaster'd Rooms; or, however, he ought not to shut up such a Room too close, for fear of being suffocated: And in order to relieve any Disorder arising from hence, let him take Diaphoreticks, or gentle Catharticks, that the Matter retain'd may make no Stay in the Blood; wherefore, as the present Head I now mention, may proceed from the Cause as here nam'd, I advise him to make use of Discharges, Diversions, and Anti-convulsives, proportionable to the Symptom reigning; which shews you the Violence of the Cause. But that no Traveller may fail of a Remedy, I shall give a short Detail of what ought to be done in all these convulsive Pains. The inordinate Motion of the Spirits shou'd be diverted into some other Channel, the Plenitude of Humours must be abated, and the abounding Humours must be thrown off, the various Crudities must be corrected, and proper Antidotes must be given: If then the Blood-Vessels be too full, either by its real Quantity contain'd, or by any Ebullition or Heat, Blood must be taken away; nor need you be curious in what Vein you bleed, so enough be drawn off, that is, so as to be proportion'd to the Fulness: If this don't suffice, Blisters are to be apply'd to the Neck, which although they

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they may happen to increase the Pain whilst they are on, yet they invite the Motion into another Channel, and the Spirits will change their Course thereby: If the Humours are greatly chang'd, and abound also in the Body, Vomits and Purges are absolutely requir'd; and when that Superfluity is once carried off, the remaining Humours are the more readily corrected or alter'd. In a gross Crudity, Physicians commend all Aromaticks and Bitters, all solid and heavy Bodies, because they enter into the Crudities, and divide and dissolve them: In a bilious Constitution, all cooling Things are commended, which precipitate and throw the Choler off by Urine: In a sour Blood, volatile Salts are highly applauded, as are all Preparations of Shell and Shell-Powders; and these last Powders are in high Repute in all spasmodick Cases; because they correct the Acrimony of the Salts with Safety, and without raising much Complaint or Struggle, and do insensibly so sweeten the Blood and Spirits, as to take off gradually the Cause that stimulates: And, lastly, the Remedies against all Spasms, or spasmodick Symptoms and Pains, are Opiates and Aromaticks; the one eases the Pain, and hinders the Spirits from moving irregularly, and the other makes the Nerves not so susceptible of being twitch'd. But that I may give you a proper Method for these spasmodick Pains, with-

H

out

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out pretending to reason any more upon the Point, first take away ten Ounces of Blood, then

Take *Salt of Vitriol, six Grains:*

Powder of Ipocacuanna, twenty Grains:

Balsamick Syrup, as much as will make a small Bolus:

Take it at four o'Clock in the Afternoon, and when you begin to be sick, drink plentifully of Carduus Tea.

When the Vomit has wrought off well, take a Glasse of Sack and Toast, and go quietly to Bed, and each Day or Night take the following Dose of Physick:

Take *Mercurius Dulcis, twelve Grains:*

Pills of Ruffus, twenty Grains:

Chymical Oil of Mace, three Drops:

Take them in the Morning, especially, and expect their working five or six times: Keep warm, and drink Broth, Gruel, or Possit-Drink.

Apply a strong Blister to the Nape of the Neck, the Day after the Physick. Lastly,

Take

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Take *Black-Cherry-Water*, four Ounces :
Rue-Water, and *Penny-Royal-Water*,
of each two Ounces :
Compound Bryony-Water, two Ounces :
Spirit of Lavender, one Dram :
Syrup of White Poppy, six Drams :
Liquid Laudanum, one Dram :

Mix and make a *Julep*, of which take four
Spoonfuls, if your Pains be violent at any
time.

Or,

Take *Spirit of Hartshorn*, and *Liquid Lau-*
danum, of each three Drams :

Mix, and make a *Mixture*, of which take
twenty, thirty, forty, even to sixty or
eighty Drops, at *Bed-time*, or when the
Pain is violent, in any *Liquor* you best
like.

IT were not amiss, if the Pain fixes any
where, to apply topical Remedies to the
Part where it is, which may either give Re-
lief to the Part griev'd, or may disperse it
through the Pores; wherefore the following
may be call'd in to Use :

Take Oil of *Almonds*, three Ounces ;
 Oil of *Amber*, three Drams ;
Opium, one Scruple :

*Mix, and make a Liniment, to be rubb'd in-
 to the Part griev'd, and cover with
 Flannel.*

THESE Remedies, discreetly made
 use of, will seldom fail of taking off the se-
 vereft convulsive Pains.

S W E L L I N G S

DO arise from a Dryness in the Juices,
 from some Fault in the Air. We can't well
 conceive an absolute Dryness in the Air, so
 as to contain no Moisture at all in it, since
 the Earth always emits Steams that give
 some Moisture to it ; yet it may want enough
 for the Uses of Life : The Air always
 snatches up all the watry Steams into it, as
 appears in any thing we hang up in it,
 which it dries ; thus Plants, Linnen, or any
 thing that is wash'd, grow dry by being ex-
 pos'd to the Air ; and this it does more ef-
 fectually, if it be hot, or be windy, or be
 very cold. They who make musical In-
 struments, chuse such Seasons as are the
 hottest or windiest, to dry their Wood.
 Heat is very offensive to Bodies, inasmuch

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as it brings Particles of all Kinds into the Blood, which it partly exhales from the Bowels of the Earth; it is not then to be wonder'd at, that our watry Part of the Blood shou'd be exhal'd, to the great Detriment of the Body; and that the Blood shou'd grow more cohesive and glutinous, and be apt to stand still in the small Vessels, and so raise Swellings. Here we have Room to expatiate upon all Kinds of Tumours; but those introduc'd upon Journies or Voyages, being few, we shall descend to a few Particulars that are necessary. If, then, the Blood shou'd be gross, but violently loaden with spirituous Salts, so as to cause a Heat in the Part where the Humour is lodg'd, this will produce an Inflammation, or an inflammatory Tumour; here the Part huffs up, grows painful, and red; nor can they bear to have it touch'd. In this Case, if the Swelling be upon a depending Part, we must be very careful to apply Remedies soon, lest they should turn to an Abscess, and prove troublesome; and, indeed, all Inflammations should be soon taken care of, for the same Reason; unless they be the Consequence of a Fever; for then they should be brought to a Head, lest by being dispers'd, the Fever shou'd return. In order, then, to cure any Inflammation of Note, bleed in the Arm, to twelve or fourteen Ounces, keep low in Diet, refrain from Wine, drink Water-

Gruel; and all these must be strictly proportion'd to the Fever the Inflammation raises. As to the Part it self, we must consider the Nature of it; if it be painful and red, we must prescribe the following Applications:

Take *The Tops of Wormwood and Centory,*
of each one Handful:

Of Chamomile and Elder Flowers, of
each half a Handful:

Of Mallow and Marsh-Mallow Leaves,
of each two Pugils:

Line and Fenugreek Seeds, of each half
an Ounce:

Boil these in equal Parts of Milk and Water, strain out the Liquor, and when you warm it, put to one Quart, three Ounces of rectified Spirits of Wine; bathe the inflam'd Part for a Quarter of an Hour Morning and Evening with it, then apply the following Poultefs to it.

Take *Onions roasted under the Embers,* three:
Lilly Roots boil'd in Milk, four:

Beat these in a Mortar, and pour rectified Spirit of Wine upon them, to two Ounces; bruise and mix all of 'em well together, make a Poultefs to be apply'd warm. If the Part be depending, that
is

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is on the Leg, add ten Grains of Salt of Lead to this Poultefs, remembering to hold the Leg upon a Stool.

BY these Means, any Inflammation will be taken off, if timely Application be made; but if the Traveller has neglected it till Signs of an Abscess appear, that is, till there is Matter lodg'd, or at least till it won't return into the Blood; then must we apply such Things as will ease the Pain, and help it to break.

Take *Sperma Ceti* melted, half an Ounce:

Lilly Roots boil'd, three Ounces:

Ointment of *Marsh - Mallows*, one Ounce:

Oil of Chamomile, or of *Linseed*, as much as will soften the whole.

Make a Poultefs, and apply it warm, Morning and Evening, till the Swelling breaks.

Or,

Take *Mallow Leaves* shred very small:

Lilly Roots cut, three Ounces:

Onions shred small, one Ounce:

Boil all these in Milk, to a Softness, bruise them in a Mortar to a Pulp;

Add *Linseed Oil*, two Ounces :
Ointment of Marsh-Mallows, one Ounce.

Mix them, and make a Poultice, which apply warm, Morning and Evening, till the Impostume breaks.

W H E N it is broke, and Matter flows from it, dress it in the following Manner, till it heals up again.

Take *Black or yellow Basilicon*, one Ounce :
Oil of Turpentine, one Scruple :

Mix, and make a Balsam, to be spread upon Tow artfully made into a Pledgit; lay this upon the Mouth of the Ulcer, and if it runs much, dress it twice a Day. Over all, lay a *Diachylum Plaster*, and tye it up.

Or,

Take *Lucatellus Balsam*, one Ounce :
Balsam of Sulphur, half a Dram :
Sagar of Lead, five or six Grains :

Mix, and make a Balsam, to be applied in the Manner aforesaid. When it has discharg'd it self, and the Impostume sinks
in

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*in its Bulk, and runs less, 'tis Time to
heal.*

No Restringtons shou'd ever be apply'd to Abscesses, till they are fallen quite, and till the Lips become equal with the Skin, unless the Part where the Swelling and Impostume resides, be on the Parts below the Trunk of the Body; for there the Fibres are laxer than usual, and want Strengtheners to hinder too great Influx into the Part: And therefore it is the common Practice, in that Case, to mingle Restringtons along with all their Digestives; wherefore is the last Balsam nam'd, more proper in Abscesses of the lower Parts.

W H E N, therefore, you have so drawn out the Matter, that the Swelling is quite around fallen, that upon touching it at every Point round the Ulcer, no Soreness is felt, only on the sore Place it self, and you are easy every where, change the foregoing Dressings into such as will close up the Abscess. Hence, first

Take Basilicon, black or yellow, one Ounce:
Crabs Eyes finely powder'd, and red
Coral in Powder, of each one Scruple:
Ointment of Diapompholigos, half an
Ounce:

Balsam

Balsam of Sulphur, as much as to soften the Mass.

Mix all well together, and spread a little upon a Pledgit of Tow or Cotton, and apply it as you did the former, Morning and Evening, warm, covering all with a Diapalma Plaister; bind it up well with a Bolster, and proper Bandages to keep all the Dressings on; and these will heal the Abscess.

IF the Swelling shou'd chance not to be a true *Phlegmon*, as Surgeons call it, but shou'd incline towards an *Erysipelas*, or a *St. Anthony's Fire*, that is, if it shou'd be exquisitely painful, shou'd be of a yellow Colour, with or without nettled Blisters, and shou'd not be pointed, or high above the Skin; this also requires Bleeding in a plentiful Manner, because the Blood from whence this Tumour arises is very much loaden with fierce Salts, and will therefore invite a great deal of the Mass thither, so as to endanger a Gangrene. As this Kind of Swelling does not rise high, it recompences that by spreading wider: Here we must also keep to a low and spiritless, as well as a diluting Diet, of Water-Gruel, Sack-Whey, Panado, Flumeries, and Jellies; we must avoid Wine, and every strong Liquor. Roasted Apples are greatly approv'd, because they cool and correct

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correct the Salts specifically; and as to the Tumour it self, we must take Care not to repel it by external Applications; gentle Physick is here requir'd: For Example,

Take *Tamarinds*, one Ounce:

Cream of Tartar, four Drams:

Boil these in Barley-Water, to twelve Ounces, strain'd:

Add *Manna*, half an Ounce:

Syrup of Roses solutive, one Ounce:

Cinnamon-Water, three Drams.

Make a Potion to be gradually taken in a Morning. According as this works, repeat it twice.

AS soon as the Body is emptied of some of its Salts, then may you fall to dispel the Tumour, by applying the following Remedies.

Take *Rectified Spirit of Wine*, five Ounces:

Castile Soap, half an Ounce:

Oil of Tartar, (by running) half a Dram:

Saffron bruised or dissolved, one Scruple:

Mix these, and bathe the Tumour or Inflammation often with it; and if the Pain

Pain be very violent, pour a Hundred Drops of Liquid Laudanum into the Mixture, or a Dram and half of Venice Treacle, and bathe and leave it upon the inflam'd Part. Repeat this Morning and Evening, till it disappears.

Or,

Take Venice Treacle, one Ounce :

Spirit of Wine rectified, half an Ounce :

Apply it, by way of Poultices, and it has been found effectual by me after proper Discharges.

WE must be very sedulous and careful to begin to apply Remedies pretty early, in this Kind of Swelling, because great Care must be taken lest it come to an Abscess; for the Salts of the Blood are so keen and fierce, that when once they have come to that Pass that an Ulcer supervenes, it is a very difficult Matter to get it heal'd again; wherefore I advise all Travellers to beware how they neglect and postpone the Beginnings: If they have Recourse to the Measures just mention'd, there can be no Fear of this Consequence; but if they have been so negligent, and an Abscess is generated, I shall instruct them how to cure it. Let them therefore act in the following Manner:

Take

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Take *Mercurius Dulcis*, ten Grains:
Refin of Jalap, six Grains:
Lenitive Electuary, one Dram:
Oil of Cloves, distill'd, four Drops:
Syrup of solutive Roses, as much as
will make a Bolus.

Take this early in a Morning, and keep warm, and drink Possit-Drink, or stov'd White Wine. Repeat this purging Dose every fifth Morning.

Take *Crabs Eyes and Pearl*, in fine Powder, of each one Dram:
Cream of Tartar and vitriolated Tartar, of each half a Dram:
Conserve of Wood Sorrel, (or of *Hips*) three Drams:
Syrup of Lemons, as much as will make four Bolus's:

Of which, let one be taken every sixth Hour, drinking above it, a Draught of light chalybeat Water; for Example, such as Tunbridge, or German Spaw, or Passy Water, or some such light one; let this Course be continued during the whole Time of the running of the Ulcer.

Now

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Now as to the Applications that are to be made use of to the Ulcer, they must be mixt with specifick Correctors and Alteratives of the Juices; wherefore as that is acrimonious and it is mostly of the bilious Sort, where the fierce Salts predominate over the Oils, we must blend the Ointments with such Specificks in the same Manner following.

*Take Ointment of Diapompholix, one Ounce:
Chalk in Powder, one Dram:
Sugar of Lead, ten or fifteen Grains:
Sperma Ceti melted, half a Dram:*

*Mix, and make an Ointment, to be applied
on a Pledgit twice a Day.*

If the Swelling produc'd shou'd depend upon a gross, but phlegmatick or cold Blood, then it is without Pain, it is a white Swelling, and as a Heat generally produces the former Swellings, so Cold for the most Part is the only or chief Cause of the Production of these, the Blood by excessive Cold congeals, and as it stops somewhere, on that Place is there an Impediment to the Circulation, the Arteries bring Juices each Minute, but they are not reconvey'd into Veins and Lymphaticks, so that a Swelling must ensue; it does not cause very much Difference in the Cure, whether it be Wa-

ter

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ter or Phlegm that stops and produces them; for if the Blood be tainted, there must be proper Discharges and Alteratives made use of, if not, proper Topicks must be apply'd to the griev'd Part; if therefore the Blood is tainted, as may be guess'd at by an uneasy Load all over the Body, by a Paleness and Weariness, and by a pale Water, it will be convenient to give proper Physick, to wit,

Take *Mercurius Dulcis*, six or eight Grains:
Conserve of Roses, one Dram:
Syrup of Clove Gilly-flowers, as much
as to make it into a Bolus.

Take it at Bed-time, and

Take *Black-Cherry-Water*, one Ounce and a half:
Peony-Water Compound, half an Ounce:
Extract of Rudijs, twenty Grains:

Mix, and make a Potion, to be taken in the Morning, keep warm, and drink Broth.

This Physick ought to be repeated three or four times, at the Distance of three Days, and in the Days intermediate, let the Traveller take a Glass of this following medicated Wine thrice a Day; to wit,

Take

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*Take Of the Tops of Roman Wormwood three
Pugils :*

*Horse Radish Roots shav'd, three
Drams :*

Mustard-Seed unbruised, two Drams :

*Salt of Broom one Dram; or Broom-
Ashes, four Drams :*

*Infuse all these in White-Wine two Quarts:
strain it in the time of using it :*

*Whilst these Things are doing, we advise
them to bathe the Parts swell'd, with
the following Fomentation.*

Take Broom-Ashes, one Ounce :

Spirit of Wine rectified, half a Pint :

Sugar of Lead one Dram :

*Mix these well together ; air the Mixture
upon the Fire, and bathe with it Morn-
ing and Evening, and tye it on till it
dries, then renew it, till the Swelling va-
nishes.*

*These are sufficient for the Affair of Tu-
mors commonly Evening upon Travelling.*

The SCURVY.

*THEY who sail into the North and
South, are greatly troubled with the Scurvy.*
The

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The Air of the Sea is full of saline Parts, and being swallowed every Minute into our Stomachs, it cannot fail of creating great Disorders; all which Physicians have dignified with one Name: When the Air thus abounds with extraneous Bodies, and we are engag'd in it, there is no Preservative strong enough to encounter with these Salts, for as they surround us and we receive every Instant of Time into our Stomachs and every where, the Blood is every Moment corrupted as the Salts the Air contains vary; whatever then can be done, is to consider what Effects are produc'd, and to provide the Blood with contrary Particles to weaken the Poison receiv'd; which has destroy'd the Blood's Texture: If we find the Blood to have contracted an Acidity, we must make use of Anti-acids from the vegetable Kingdom, such are Scurvy-Grass, Water Cresses, Pepperwort, and such like; and from the animal Kingdom, such are volatile Salts or Spirits of Hartshorn, of Urine, of Salt Armoniac; not that we, as I have said, shall ever be able to amend the Blood as we wou'd, till the Traveller returns into a wholesom Air: The Itinerants also wou'd do well in a Morning to take fat Broth, Oil and Toast, or a Dram of Brandy to defend their Stomach from the Injury of these Salts; we see that Persons, who are subject to Defluxions in *England*, grow bet-

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ter by removing into an Air less subject to Change than our own; or from a Smoaky to a Country Air: Thus, I say, Persons, whom the Sea Air affects, shoud leave the Sea and seek some other Way of Life, if their Circumstances will bear it. Mean while they, who labour under the Symptoms of the cold Scurvy, shou'd follow the Prescriptions here annex'd.

Take *Mint-Water*, two Ounces:

Dr. Stevens's Water, one Ounce:

Lenitive Electuary, two Drams:

Cream of Tartar one Dram:

Syrup of Solutive Roses, one Ounce:

Mix, and make a Potion, to be taken once a Week in a Morning.

Take *Tincture of Antimony*, one Ounce:

Of Amber, half an Ounce:

Of Elixir Proprietatis, two Drams:

Sal Volatile Oleosum, one Dram and a half:

Mix, and take sixty Drops thrice a Day in any Liquor, more especially in strong Wine, for constant Use, whilst the Traveller is at Sea.

But if, on the contrary, he finds himself infested with a feverish Blood, and a hot Scurvy

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Scurvy or Breakings out; alter his Method, and take such Liquors as will abate these volatile Salts: Some Sailors content themselves with eating Oranges, and do Feats with them; however it is hardly possible but some sensible Damages will be done by this Method as soon as ever he recovers his Health; and therefore is it more advisable to act more safely, altho' more slowly: Hence let them dilute well with German Spaw-Water at Meals and at all Times where Thirst requires the Use of Liquors; and let them proceed in the following Manner.

Take *Spirit of Lavender* one Ounce:

Spirit of Hartshorn, half an Ounce:

Spirit of Salt dulcified, six Drams:

Mix, and make a Mixture; let them ferment a while, then close up the Bottle:

Take thirty Drops of this Mixture thrice a Day in any Liquor.

These continued for six Weeks together, under a wholesom Air, will be of great Service.

DIABETES.

THIS is a colliquative State of the Fluids introduc'd often by the Air; because if its

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Moisture shut up the Sphincters of the Pores, these Flood-Gates being depriv'd of their usual Separations, the Fluids run elsewhere, and sometimes with great Violence open the Kidney Glands, and run into them, and cause great Quantities of Water to be thrown off by them: As it cannot be suppos'd but the Blood contains a great many Salts in it, they will not fail of stimulating the Parts thro' which they run, and once a Stimulation is effectually begun, their Continuance is but a Consequence of the first Cause; the Salts prick the Parts, and milk the Humours into that Course they have newly taken up. The Methods to be taken here are few, but such as will recal the natural Discharge: In the first Place therefore, let the Traveller cloath himself with Flannel next his Skin, in order to promote a free Breathing thro' the same; then let him take the following Methods.

Take *Rhubarb slic'd, one Dram:*

Mint-Water, three Ounces:

Cinnamon-Water, half an Ounce:

Infuse them all Night over the Embers, strain them and add solutive Syrup of Roses, one Ounce; let this gentle purging Potion be taken in a Morning; repeat it for once or twice, at the Distance of one Day.

Take

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Take *Plantane-Water*, two Ounces :
Cinnamon-Water, half an Ounce :
Syrup of white Poppies, one Ounce :
Powder of Japan Earth, half a Scruple.

Mix, and make a Draught to be taken at
Bed-time after the Potion, each time.

Take *Japan Earth in Powder*, half a Dram :
Dragon's Blood in Powder, two Drams :
Powder of red Coral, one Dram :
Conserve of Sloes, half an Ounce :
Of red *Roses* half an Ounce :
Syrup of dry'd Roses as much as is
sufficient to make an Electuary :

Of which take the Bigness of a large
Chestnut thrice a Day, drinking above
it a Draught of *Bristol Water*, if it can
be had.

These Medicines, steadily taken, will relieve
your Ailment, if it can be done at all ;
all external Remedies are useless and pom-
pous Trifles ; only I must advise such Pa-
tients to forbear lying on their Backs, and
also to forbear Motion ; because the first
heats the Kidneys, and relaxes their Struc-
ture, and the latter, by always moving the
Part, through the Assistance of the Psoas
Muscle, invites the Urine to run thither more
quickly : This, daily Observation confirms,

for the more we move about, the more do we make Water.

AGUES and REMITTING FEVERS.

NOTHING is more common than Agues, where Travellers are oblig'd to take Journies thro' Fens and by the Sea-Side; there is somewhat peculiar in the Air of each of these, that we can't well account for; it may seem however that Crudities of different Cohesions are crouded into our Mass of Juices, which ripen at certain Distances and Spaces of Time, and produce Fits of an Ague: I think it appears plainly, that if these Cohesions were all of one Maturity, they wou'd produce one lasting Fit, and then be carried out of the Vessels; but being of different Ripenesses, different Fits are produc'd, and the Whole does often cause seven, eight, ten and more Fits before it be wholly spent. The Possibility of preventing Returns by the Bark, demonstrates how these Crudities may be corrected; for as a Bitter it attenuates Cohesions, and renders them fit to pass off insensibly, and cuts off the Fits in the same Proportion as it succeeds in its attenuating Power; and as some Cohesions are beyond its Power, as we see in Eruptive Fevers, and in Continuals, and as this last and preceding Year have made appear in our epidemick Fevers,

tho'

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tho' they either intermitted or remitted; so it is not easy to determine but by Trial, whether it will succeed: However, no Physician has ever yet omitted giving the Bark, since its Efficacy has been found out in these Cases, if there were any Signs of Remission that cou'd really be called such. Hence, as I have said in *Fevers*, we are to consider what Discharge is to be attempted first: if the Blood-Vessels are full and the Fever be of the high or sanguineous Kind, take away ten or twelve Ounces of Blood as soon as may be: It is Folly to imagine that Bleeding is dangerous in a sanguine Constitution in Agues; nay, so far is this ridiculous, as it supposes there cannot be produc'd the individual Symptoms in Agues as in Fevers, which is contrary to all Experience: for Head-Aches, Phrensies, Apoplexies, pleuritick Pains, inflammatory Symptoms, are as certainly and commonly produc'd here as in Fevers, and from the very individual Causes here as in them. Where the Blood is vitiated and chang'd by some deprav'd Juices, and an ill Habit reigns, there will it be of great Use to administer a gentle Purge of Sena or Rhubarb, as you may see mention'd in a *Fever* for twice at the Distance of a whole Day, and be sure to take the Purge on the Day of Intermission or Remission, because the Struggle rais'd on the Fever-Day has, to my

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Knowledge, often baulk'd the working of the Physick: If moreover the Sick complains of any Uneasiness, Fulness or Loathing at Stomach, it will be then absolutely necessary to give a gentle Puke of the *Indian Powder*, of which, one Scruple is a Dose, in order to carry off the Load in that Place. After these Discharges, they may then begin to take the *Jesuits Bark*, in the following Manner:

Take *Milk-Water*, three Ounces:

Compound Briony-Water, three Drams:

Syrup of Lemons, half an Ounce:

Powder of the Peruvian Bark, one Dram.

Mix, and make a Draught, to be taken every fourth Hour, out of the Fit, or in the Remissions, and continually repeat it for eighteen or twenty Doses, or till the Fever disappears.

Or,

Take *Jesuits Powder*, one Dram:

Salt of Steel, two Grains:

Cinnabar of Antimony, six Grains:

Syrup of Clove-Gillyflowers, as much as suffices to make a Bolus.

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*To be taken and repeated every fourth Hour,
in the Intervals of the Fever, and drink
six Spoonfuls of the following Julep upon
it.*

Take *Mint-Water*, four Ounces:
Alexiterick Milk-Water, three Ounces:
Epidemick, or Plague-Water, two
Ounces:
Spirit of Hartshorn, twenty Drops:
Sugar, as much as to sweeten it.

WHEN the Fever is taken quite away,
and there is no Fear of its returning, it be-
hoves the Traveller to look on and consider
whether any thing yet remains to be done:
The Bark often leaves a Sort of Fulness at
Stomach, which, however, does not depend
upon any Load of Humours, but is rather
a Sort of Stricture on the Part, perhaps from
its styptick Particles that has made its Fibres
too rigid: In this Case, it can't be amiss to
give the following Mixture, to relax and give
Freedom to Stools:

Take *Oil of Almonds*, one Ounce and half:
Syrup of solutive Roses, one Ounce:
Chymical Oil of Mace, two Drops.

*Mix, and make a Draught, to be taken once
a Day for a while.*

I HAVE not found either that Deafness which *Morton* affirms to attend its Use, nor those Rheumatick Pains which *Sydenham* provides against; so that neither this Stricture at Stomach, nor the Deafness, nor Rheumatick Pains, are certain or regular Effects of the Bark, but depend on certain Constitutions. By this short and easy Method, will Agues be surmounted.

F A I N T I N G S.

SOME Airs are so full of corrupt Smells, that they change the Blood of the Travellers, or Sojourners, into a Solid, in an Instant of Time; others abound with arsenical or human Steams, that Pestilential Fevers ensue immediately. Some Authors would make us believe, that the Plague has been smelt at fifty Miles Distance; but who will give Credit to this? This is certain, that Steams do Harm, tho' not perceiv'd by any of our Senses; and if they enter our Vessels, and congeal the Blood, Fainting may prove a Consequence of such a Cause. If the Blood shou'd be congeal'd in the Venal Artery of the Lungs, the Heart will be prodigiously distended in labouring in vain to circulate its Fluids into them, since the Blood will soon stagnate in the Heart.

T H E R E

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THERE are two Seasons in Faintings, to wit, the *Fit*, and the *Habit*. In the *Fit* we must endeavour to rouse up Nature by Volatiles and Aromatics; such are volatile Salts, and Spirits of Hartshorn, of Sal Armoniack, of Urine, of Blood, of Amber: By volatile aromatick Oils, that encrease the Motion and Heat, such are Oils of Cinnamon, of Mace, of Nutmegs, of Cloves, of Orange-Peels, and the like: These are to be taken in Wine, or Cordial Waters, in the *Fit*. We ought, also, externally, to apply the strongest Spirit of Salt Armoniack to the Nostrils, to stimulate them, and so to put the Nerves into strong Concussions and Com-motions, that the resting and standing Fluids may be restor'd to Motion, which, if they were to continue longer in this State of In-activity, would probably never more act a Part in human Bodies. But to be more particular, which is the Task I have undertaken; it wou'd do well to consider if the fainting Traveller falls into this Ailment out of a Fulness of Blood too swiftly whirl'd round, for in such a Case, the Blood must be lessen'd as soon as may be, to take off the original Cause of its standing still; when this is done, let them take Spirits of Salt Armoniack; and that it may come in a thick Line to the Nostrils, pour some of it upon any Cloth, and hold it to their Noses, removing it every now and then: Give them,
also,

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also, a Spoonful of the following Cordial, frequently.

Take *Compound Hysterick Water*, three Ounces:

Chymical Oil of Nutmegs, ten Drops.

Mix these together, and make a Cordial.

As soon as they recover, or come to themselves, make your self Master of the Cause that produc'd this Swoon, that it may be remov'd, or that the Traveller may remove from it: If any external Cause produces it, that known, the Remedy is easy; but if it depends upon a Cause residing in the Body, that being somewhat difficult to be discovered, the Fit will ever return till that can be taken away. It is foreign to my present Purpose, to descend to the Particulars of the Habit of Fainting; but thus far may be said, that Coagulations of the Blood near the Heart, Worms there, or any where else, stubborn Heart-Burns, Stones in the Heart, Ulcers there, or thereabouts, Polypus's, and many more incurable Maladies, may introduce them; and Faintings repeated without some evident Cause, do always bode Danger: However, as I suppose no one to begin to take Journies, who labours under such Diseases, but who is able to have proper Advice along with them, I only writing on
even-

eventual Cases, cannot be suppos'd to descend to such a tedious Detail. I shall say no more of the Remedies proper in casual Faintings, knowing what I have advis'd will generally be effectual.

P H R E N Z I E S.

I DO here understand an independent or solitary Phrenzy, not that which is the Symptom of a Fever; the Warmth of the Air, especially if join'd to an intemperate Way of Living; I have seen the ill Effects of this excessive Drinking of hot Liquors in hot Weather, on a Journey, so that a Lunacy succeeded a Phrenzy. In this Disease, Men generally labour under a saline State of Blood, and an increas'd Motion of the Mass of Fluids; which attack the Brain, and give first Pain, then disturb their Idea's, which are furious. The saline Blood entering any membranous Fibres with Force, stimulates the Part, and causes these Fibres to curl up and wrinkle, and so the remaining and succeeding Fluids are impeded in their regular Course, heap'd up, and Stag-nations, and Obstructions, and an Inflammation, ensue. To this Inflammation, therefore, it is, they owe all their hurried and furious Idea's, and to it concur a saline Blood, a determin'd Velocity, and an Obstruction or Deposition on the Membranes, of a Load
of

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of Humours. The Symptoms that attend a Phrenzy are principally a furious Raving attended with a Fever, but there are many more Symptoms that do frequently accompany a Phrenzy, such are a Redness of the Face and Bloodshot Eyes (which do evidently shew there is an Inflammation on the Membranes, the Coats of the Eyes being the very Membranes of the Brain); a strong and hard Pulse, Bleedings, Convulsions, pale Water, and many more.

WHILST the Blood circulates in an easy and gentle Course, Spirits are supply'd sufficient for all the Functions; but as soon as they run with Violence to any Part, they raise incoherent Idea's; for all Idea's are proportionable to the Motion of the Spirits, which is all we can say of them.

It were easy to account for all the Symptoms attending a Phrenzy, but that Part I shall omit and pass on, to the Cure of it; that being the only necessary Part for Travellers: I must then observe, that the greatest and chief Remedy in a Phrenzy consists in Bleeding, which must be immediately perform'd, and repeated as Occasion requires; and let Blood be taken from the Arm at the Moment they are seiz'd on: When a good Share of this Liquor is drawn off, the Remainder will run to the Brain more quietly and sedately, and moreover when Part of the Liquor is taken off, the Vessels contract

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contract themselves to their ordinary Size, and will run leisurely forward, and the Spirits depending upon the Blood in their Motions will move calmly; and thus have I seen a Phrenzy taken off in its beginning, with Ease and Satisfaction: If the Disease'd be costive, Purgatives are not of Use, but an emollient and relaxing Glister, such as is the following, will be convenient: Purgatives tho' ever so weak do excite a Motion in the Fluids, and do thereby increase the Malady: Let not the Glister be sharp therefore, but softning; for Example:

Take *Marsh Mallow Roots*, one Ounce:

White Lilly Roots, one Ounce:

Leaves of Pellitory of the Wall, one
Pugil:

Chamomile and Melilot Flowers of each
two Pugils:

Fenugreek and Line-Seeds, of each three
Drams:

Figs, one Ounce:

Boil all these in Whey; and to the Decoc-
tion strain'd, consisting of twelve Ounces,
add *Lenitive Electuary* two Drams: *Salt*
Gem. three Drams:

Mix, and make a Glister to be thrown in
as Occasion requires.

This

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This being done and repeated, as Circumstances demand, we are then to encounter the rapid Motion of the Blood by refrigerating Remedies; such are Sal Prunell, Spirits of Vitriol, of Sulphur, and other cooling Things in a proper Manner: For Example,

Take *Poppy-Water*, two Ounces:

Lettice-Water, one Ounce:

Cinnamon-Water, two Drams:

Sal Prunell, one Scruple:

Syrup of Lemons, three Drams:

Mix, and make a Draught to be taken every fourth Hour.

Let the Patient drink Barley-Water plentifully, in which squeeze a little Juice of Lemon; and after proper Discharges have been made, and the Disorder begins to give way, let him take what follows.

Take *Poppy-Water*, three Ounces:

Cold Cinnamon-Water, three Drams:

Syrup of White Poppies, one Ounce:

Salt Petre refin'd, fifteen Grains:

Mix, and make a Draught to be taken, whenever Rest is wanting, whether by Day or Night.

When

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When the Motion of the Spirits is appeas'd in good measure, and the Blood moves calmly round; we may venture to apply Epithems to the Forehead and elsewhere: If the Blood be extravas'd on the Membranes, Care must be taken to disperse, but not to suppurate it; however we find Suppuration sometimes unavoidable, namely, when the Inflammation is radicated and will not yield; and then there is nothing left, but the Trepan to get it out: It is easy to know when the Inflammation ceases, because their Memory and Judgment return, and the succeeding Symptoms, that is, the Pulse, the Redness of the Cheeks and Eyes, and the Respiration, become all natural; the Fever also, being an intire Dependent on the Inflammation, is taken off: The Pulse, which during the Phrenzy was strong and quick, becomes slow and equal; the Urine, which was pale, becomes of a pure Amber-Colour, and settles. When the Patients are under this safe Condition, it will be very convenient to give some gentle Lenient Potion to divert the Humours, to throw them downwards, and to reinstate the Body thereby. Wherefore,

Take *Sena Leaves, two Scruples:*

Cream of Tartar, three Drams:

Coriander Seeds, one Scruple:

Manna, half an Ounce:

K

Infuse

Infuse these all Night in Barley-Water; strain them out in the Morning, take five Ounces, and keep gently warm: Let this be repeated once or twice at the Distance of one Day.

I think we may properly enough affirm from what has preceded, that Phrenzies are cur'd by Bleeding, Diluting, Nitre and Opiates opportunely administred: As for the Symptoms we may alleviate them in the mean-time; so some do apply to cool the Membranes Populeon, Opium dissolv'd in Oil, and Camphire to the Forehead; others apply Pigeons to the Feet, or to the Head: Thirst is quench'd by Toast and Water or Barley Water and Lemons; Bleedings at the Nose are to be taken off, after sufficient Quantities of Blood have been drawn off from the Arm or Jugular, by putting up into the Nostrils a Tent of Lint dipt in Vinegar and Vitriol. *Convulsions* are taken off by the Opiates after Bleedings have been premis'd: And the Appetite generally returns after the Disease ceases, but if it shou'd not, it may easily be assisted by a Mixture of Lemon Juice in every Meal.

A P O P L E X I E S.

TRAVELLING in all Sorts of Weather disposes the Blood to this Disorder, as I shall

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shall succinctly give you to understand in the following Lines: This was heretofore call'd by the Ancients *Gutta* or *Drop*, as if two or three Drops fell upon the Brain and so caus'd this Disease; this Disease is a sudden Abolition of all the animal Functions in the whole Body, only the Pulse moves, and they snort strongly: They neither feel nor move; the Seat of this Malady is in the Brain any where so as an entire Efflux of the Spirits be hindred thereby; for as Motion and Sense are Branches of this Motion, the Loss of them must depend on that Influence being lost: It is not at all material to know what Physicians mean by the Spirits, they are as invisible to our Eyes, as Air; yet as this produces sensible Effects upon human Bodies, so have these stupendous and marvellous Effects upon us: It cannot but move all Mankind with Wonder to perceive, that a Person no sooner thinks to do any Feat, but his Spirits and Nerves obey his Command; and when these Instruments don't or can't obey the Will, what must be imagin'd, but that some *Lett* or Impediment is plac'd somewhere in the Seat and Origin of all Action; if the Persons labouring shou'd have sunk out of mere Want and Indigence, it cannot be wonder'd, how they lose Sense, and Motion, or even Life it self. This Case I am not now speaking of: But where these

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Messengers are ty'd up or congeal'd, or their Vehicle suffers these Inconveniencies, as they may do by Cold, then Gelly appears extravas'd all over the medullar or cortical Part of the Brain; or if these Humours conveying the Spirits shou'd by such a Chance grow gross and thick, and shou'd stand still at the Overture of the Ventricles into the Jugular, then will these Ventricles be fill'd with Water, and compress the Origin of the Nerves, and so hinder all Emanation of Spirits into the Muscles, so will voluntary Motion and Sense cease. I shall say nothing of other Causes than such as fall naturally in my Way; Rains, Colds, and even excessive Heat it self, will all produce these Effects; for it has been found that a rainy and moist Southern Air encreases the Serum and phlegmatick Humours; that a Northern Air, a cold and sharp Winter, concentrers, congeals, fixes and impedes the Motion of the animal Spirits; and makes People dull. An Air loaden with venomous or opiate Steams, ties up our Spirits; and thus do Travellers owe their falling into this Disease by the Air's Intemperance. Travellers and all Men have, or may have if they are heedful, some Foreknowledge of this Malady, namely, a heavy Pain of the Head, a Sleepiness, a Numbness, a Weariness, a Giddiness, a Trembling and Sneezing do precede it; but the

Numb-

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Numbness of all the Parts is one of the chief Forerunners of it. When I speak of an Apoplexy, I also understand a Lethargy and all the other Degrees whatever of it; it is one of the quickest and most dangerous of all other Diseases, wherefore it behoves the Traveller to foresee it, or to help any Fellow-Traveller immediately if they are seiz'd, or all Relief comes too late: The Fit therefore must be immediately attack'd with taking a large Quantity of Blood away, in which Dr. *Cole* is very lavish, but an Eye must be given to the Circumstances to direct us in the Quantity to be drawn off; if the Patients Veins be full, if their Strengths and Age will bear it, Bleeding is certainly the greatest and most divine Relief for it; by it the Vessels are emptied, the Stagnation will be removed, the Motion of the Blood and Spirits will be return'd, and the Opposition vanishes: In Place of Bleeding we may apply Cupping, Glasses near the Neck: Blisters are also made use of with great Safety and Benefit, applied to the Neck and Head; because they give Motion to the Fibres: Frictions are also in Use: Place the Patient in a convenient Posture, Sitting is the best, because it favours the Return of the Juices; in short, all Pullings, and Hallings, and Shouts, are proper to awaken them. As to the Remedies we must follow *Hippocrates's* Advice:

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Make, says he, a Fevers and in Fact, if we wou'd cure an Apoplexy, we must nearly kindle up a Fever, that is, we must administer volatile Medicines, which are proper in all Stagnations of the Juices; hence volatile Salt Armoniac, strong Spirits and volatile Oils are proper; for Example,

Take *Spirit of Salt Armoniac*, two Scruples:
Tincture of Castor, one Scruple:

Mix these together, and hold them to the Nose,

Take *Rue*, and *Pennyroyal-Waters*, of each two Ounces:

Treacle-Water, one Ounce:

Compound Peony-Water, six Drams:

Mix, and give a Spoonful at a Time, often.

Take *Peony Root*, one Ounce:

Sage and Rosemary Leaves of each half a handful:

Lavender Flowers, and Chamomile Flowers, of each two Pugils:

Cardamom and Fennel Seeds, of each two Drams:

Boil all these in a sufficient Quantity of Water; to one Pound (or twelve Ounces) of the strain'd Liquor, add Tincture of Hiera

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Hiera Picra two Ounces, Gamboge ten Grains, Oil of Amber three Drams.

Mix, and make a Glister, to which add one Spoonful of common Salt: Throw this often in.

Take *Tartar Emetick, four or six Grains:*
Black Cherry-Water, one Ounce and a half:

Oxymel of Squills, half an Ounce:

Mix, and make a Vomit to be taken.

The Fit being ended, Care shou'd be taken to prevent a Return of it, which wou'd put an End to the Life of the Patient; wherefore Purgatives are of great Use to carry off any Relicks that may have settled upon the Brain.

Take *Barley Cinnamon-Water, two Ounces:*
Rue-Water, one Ounce:
Extract of Rudijs, twenty-five Grains:

Make a Mixture to be taken in a Morning, and to be repeated once a Week.

Take *Tartar Pills of Bontius, one Scruple:*
Mercurius Dulcis, ten Grains:
Oil of Cloves, three Drops.

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*Mix, and make five or six Pills to be taken
in a Morning, once a Week.*

Having provided against a Return with
these Universals; we ought to make use of
Sternatories to draw Phlegm from the
Nostrils.

Take *Rosemary-Flowers and Flowers of Lilly
of the Valley, of each one Pugil:
Marum Syriacum, two Pugils:
White Hellebore Root in Powder, ten
Grains:*

*Mix, and make a Snuff, of which let the
Person take a Pinch in a Morning, keep-
ing warm after it.*

At last we must give corroborating Reme-
dies to strengthen the Brain, which if they
neglect, there will be Reason to apprehend
a Relapse: Wherefore let them take any
one of the following Remedies as prescrib'd.

Take *Volatile Salt of Amber, one Scruple:
Powder for the Epilepsy (call'd ad
Guttetam) one Dram:
Elks-Hoof in Powder, half a Scruple:
Conserve of Rosemary-Flowers, half an
Ounce:
Syrup of Steel what is sufficient.*
Make

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Make up a Mass to be divided into five Bolus's; take one every Morning and Evening, taking a Draught of the following Infusion after it.

Take Lavender Tops and Rosemary-Flowers,
of each two Pugils:
Mustard Seed, one Dram:
Rue-Water, ten Ounces:
Compound Peony-Water, two Ounces:

Mix, and make an Infusion, of which take three or four Ounces.

Or,

Take Gum Ammoniac and Assa-fœtida, of each half a Dram:
Volatile Salt of Hartshorn, one Scruple:
Balsam of Peru, as much as will make fourteen Pills:

Take three Morning and Evening, drinking above them three Ounces of the following cordial Fulep:

Take Rue and Black Cherry-Water, of each four Ounces:

Dr. Stevens's Water, two Ounces:
Spirit of Lavender, two Drams:

Sal

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*Sal Volatile Oleosum, one Dram;
Sugar, what suffices.*

Make a Julep.

It wou'd not be amiss to rub the Head all over every Day, with the following Liniment, and to wear a Paper Cap after it.

Take *Tincture of Castor, three Drams:*
*Chymical Oil of Nutmegs and Mace, of
each one Scruple:*

Mix, and make a Liniment.

Or,

Take *Apoplectick Balsam, what suffices:*

And rub the Head all over with it.

Their Food ought to be void of four Things, Milk Meats, Rice, Puddings, and all Viscids; they may eat all Things season'd with Pepper, Ginger, Nutmegs, Mace, Cloves, Mustard, Garlick, Onions, and such like.

C O N S U M P T I O N S.

I CAN'T better inform the Traveller concerning the Steps Consumptions take, than

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than to draw into a narrow Compass what the experienc'd and observing Dr. *Morton* has said upon them. Many travel into foreign Countries for no other End, but to get rid of their troublesome Disposition to this Disease ; and some have either fondly or artfully advis'd their Patients to travel, when they are upon the Brink of the last Stage of it. But I shall endeavour to put these Things in as clear Light as I can, for the Sake of consumptive Travellers, that they may know their own Condition, and be able to relieve it.

THE Lungs, as all know, are apt to be corrupted, because their Structure is so delicate and tender, that any Commotion, or any Viscid, causes the Blood to stagnate, and produce Inflammations and Abscesses ; and, besides, because the Air contributes greatly towards corroding them, or stimulating them.

FROM what I have said, you will readily perceive that I take the most common Consumption to be an Ulcer of the Lungs, which pines and wastes the Patient till his Legs fail him, and then he tips off. It is first only a hot Viscid, sticking in the small Vessels, which gradually rises up to an Inflammation, and this is converted into an Abscess, or Ulcer.

WHETHER it be original, or symptomatical, we may properly divide it into
an

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an acute Consumption, or a chronical one; because whether it proceed from a Pleurisy or a Spitting of Blood, or internal Ulcers corroding the Lungs, or it proceeds from the Scurvy, or Melancholy, and the like, it will either prove an asthma tick and chronical Consumption, or it will terminate in an Ulcer.

HENCE we may divide all Consumptions, as *Morton* does, into four Stages: The first of which is a Disposition to one, and this Disposition may continue for a long Time, according to the Malignity or Acrimony lodg'd in the Matter, ready to be deposited into the Substance of the Lungs: The second is a Stuffing of the Lungs, when Matter is actually deposited and lodg'd upon the Lungs, so as to cause a Shortness of Breath, and a Purfiness: The third is a hard Swelling on the Glands of the Lungs: The Fourth is an Inflammation, and at last an Ulcer, of the Lungs. And,

IN the first Stage there is a Weariness all over, more especially of the Legs; a Dulness and Heaviness, a Difficulty in Breathing, especially upon mounting up Hill, or up Stairs, an unusual Beating all over us, especially of the temporal Arteries. The Water changes often from red to pale, and back again; a Loss of Appetite, and an Indigestion or a Swelling after Eating; Vapours, a Proneness to be angry upon Trifles, the

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the Love of Solitude, a Moroseness, an hereditary Disposition, a Forbearance of a free Way of Living, to which we had been accustomed, or a Suppression of some usual Bleedings, or even of customary ones, and a Change of Voice : All these do foretel a consumptive Constitution ; and Care ought to be taken to prevent an Attack.

IN the second Stage, all the aforesaid Signs do increase, and over and above the Patients perceive an Oppression at their Breast, as if there were some Load lying upon it, and at the same Time a Difficulty of Breathing is complain'd of: They spit up in a Morning, a blackish, blueish, tough Phlegm, which is sometimes saltish : They are often troubled with a Spitting, they lose their Appetite, their Flesh grows flabby, and they fall away : They have an inward Heat in them, which they complain of, especially in their Palms and Soals, and particularly after Meals ; their Pulse is always quick, but particularly after Eating : They are always coughing upon any the least Cold, and even upon slight Occasions.

IN the third Stage, all the Symptoms increase and grow more violent, as does the dry Cough, which they begun with ; which how frequent and troublesome soever it be, a Spitting up of any thing seldom happens, even although they shou'd cough ever so forcibly. In the Beginning, the Cough, at
least

least in the Day-time, is gentle, and not at all troublesome, but after Meals; for then it grows upon the Patient, and is so grievous and afflicting, that the Patient is not at Ease till it makes him vomit up his Dinner: Now the Hectick grows more manifest than in the foregoing Stage, especially after Eating, and often puts on the Shape of an Intermittent Fever, accompanied with Thirst, Loss of Appetite, a high-colour'd Water, a quick Pulse, Flushings in the Cheeks, and a Heat all over the Body, and they waste apace.

IN the last Stage, or in a confirm'd Consumption, every one is appriz'd of the Signs; such are the Increase of the Fever, and a Change of it into an inflammatory one, and at last into a putrid one; violent and excessive Night-Sweats, a Flux of the Belly with Gripes, Thrushes, or Pain of the Throat, which increases upon Swallowing; a Catarrhal Cough, Watchings, a weak Pulse, colour'd Matter spit up, Vomitings, Hiccoughs, a Decay of the Flesh, even to Skin and Bone; swell'd and dropical Legs, an Interruption of all Spitting, and Death.

IF we enquire into the Causes of this Disease, the mediate one in the first Stage, or in the Disposition to the Disease, is a Load of saltish Mass, from which all the Functions, whether animal or vital, are injur'd; and the Spirits generated from such a Quantity of corrupt Liquor, are full of Motion,
and

and are easily put into Hurries; the Stomach becomes pall'd, because the Juices separated are not of a natural Genius, but are too salt, and give Anxiety in Place of giving Appetite: And hence does it happen, that after Eating in the Consumption, Patients have Pains in the Stomach. The most remote Causes are either a Suppression of Blood, which ought to be thrown off by the Laws of Nature, or an excessive Discharge of Blood that ought to have been return'd; a Run of salt or other inconvenient Diet and hot Liquors; want of proper Exercise, too great Expence of Spirits by Watchings, Venery, Studies, and the like; and if Persons have been us'd to a free Way of Living upon generous Liquors, if they pretend all at once to relinquish this vicious Life, they very often suffer: Nature will not bear sudden Changes.

THE immediate Cause in the second Stage, is a Lodgment of this saltish Matter upon the Lungs, which by its acrimonious Viscidity, has two Effects; namely, to stop the free Passage of the Fluids in their Return, and so draw a greater Quantity of those same Fluids thither, by its Acrimony. Hence those spasmodick Contractions of the whole Surface of the Bronchiæ, hence the Difficulty of Respiration, and hence the Cough; hence also proceeds a Separation of Serum from the Blood, from the too great
Disso-

Diffolution of the Mass of Juices: Hence are the spitting up of a thin serous Matter from the Lungs; hence arises a Leanness, to wit, from the Loss of Appetite, and flying off of the Nourishment in colliquative Sweats, Fluxes, and the like.

IN the third Stage the Causes are more rivetted and fixt, the Lungs are more affected, and they are convuls'd more every Moment, so that no Serum will now pass through the Glands; hence crude Tumours, a dry Cough, and a Difficulty of Respiration; and immediately upon Eating, the new Chyle disturbs and heats the Mass of Blood, the Lungs are stimulated to cough, and hence is the Stomach oblig'd to part with its Contents, and they depriv'd of Nourishment.

IN the fourth Stage, when the Consumption is confirm'd, the Lungs are inflam'd, or ulcerated; to this precedes the ill State of the Humours, the Tubercles of the Lungs, and what has been hinted at already; the ill Frame of the Lungs, the Weakness of them, the hereditary Disposition, extraneous Bodies, such as Sand, Nails, Stones, Contusions, Scurvy, King's Evil, Convulsions, Hyfterick Disorders, Fevers, Pleurifies, Small-Pox, Measles, Internal Ulcers, the Pox, Green-Sicknesses, Melancholy, Asthma's, Spittings of Blood, and many other Diseases.

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WHEN Consumptions are acute, they are dangerous; and that which I have hitherto spoke of, is an acute one: In the second and third Degree Consumptions admit of palliative Cures, but in the last not at all, if, especially, the Ulcer be large; for then Sweats, Fluxes, or Swellings of the Legs, usher in Death.

As for the Cure of the various Degrees, the Disposition to a Consumption may be readily prevented, by taking off the Load of Humours first by Bleeding; for as the Humour is very salt, and dissolves the Blood, it makes it liable to feverish Heats, and Bleeding cools and fans it; then as the Stomach is often loaden with Phlegm of a saltish Nature, which gives Pain where it is, and Swellings, it lays the Foundation for more Mischief; it ought to be discharg'd: Wherefore let the Patient proceed in the following Manner:

Take *Honey of Squills*, half an Ounce:

Let it be given in a Draught of Possit-Drink, and repeated twice or thrice in an Hour, if the Patient does not vomit sufficiently.

Take *Cordial Milk-Water*,
Carduus-Water, of each one Ounce:
Barley Cinnamon-Water, half an Ounce:
L Syrup

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Syrup of White Poppies, six Drams:

Mix them together, for a Draught at Bed-time, after the Vomit.

Or,

Take *Pectoral Decoction, four Ounces:*

Tincture of Saffron, two Drams:

Liquid Laudanum, fifteen Drops:

Syrup of Violets, two Drams:

Mix them for a Draught, to be taken after the Vomit has done working.

After a Vomit has been administer'd, it will be necessary to make further Discharges by gentle lenient Purges, to divert the Flux of Humours towards the Lungs. Hence

Take *The best Manna, and Oil of sweet Almonds, of each an Ounce and half, or two Ounces:*

Dissolve them in a Pint of hot Ptisane; let the Patient drink half at Bed-time, the other half an Hour after rising out of Bed.

Or,

Take *Of the best Senna, two Drams:*

Of Cassia broken with the Canes, Tamarinds, of each half an Ounce:

Of

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Of Coriander-Seed prepar'd, half a
Dram:

Boil them in a sufficient Quantity of Spring
Water, to half a Pint:

Dissolve in the Liquor strain'd, one Ounce of
the best Manna:

Half a Dram of Sal Prunel:

Mix them, and let the Patient take half of
this Potion in the Morning, and the
Remainder half an Hour after.

BUT as giving Purges alone, only carry
off some of the Load, and it is also neces-
sary to give some Opiate to quiet the Cough,
it is better therefore to mix both together,
thus;

Take Rose Aloes, one Scruple:

Hound's-Tongue Pill, half a Scruple:

Mix them, and make them into four Pills,
to be taken at Bed-time.

Or,

Take of Stomach-Pills, with Gums of Aloe-
phangine, half a Dram, (or Mas-
tick Pill, or Pills of Amber):

London Laudanum, one Grain:

L 2

Mix,

*Mix, and make them up into four Pills ;
to be taken at Bed-time, and to be repeated every third Night, for three Times.*

As for the Discharge of the Humours by Sweats, I don't at all approve of them, because such Drugs colliquate the Blood more; I approve of Issues, Blisters, Shaving of the Head, and such like.

AND for Opiates after Discharges, they are absolutely necessary every Night, to allay the troublesome Tickling. For Example ;

Take Balsamick Syrup, one Ounce :

Liquid Laudanum, fifteen Drops :

Mix, and make a little Draught ; to be taken at Bed-time.

THE thin Matter spued into the Lungs, should be incrassated and loosen'd, that it may be spit up. Hence,

Take Oil of sweet Almonds,

Syrups of Maidenhair, Violets, and Marshmallows, of each one Ounce :

Mix, and make a Linctus ; of which let the Patient take a Spoonful every four Hours,

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Hours, and drink four Ounces of the following Apozem warm after it.

Take *Of the Pectoral Decoction clear, a Pint and half:*

Tincture of Saffron extracted, with Treacle-Water, Syrups of Maiden-hair of Fijubes, of each an Ounce:

Mix, and make an Apozem.

Or,

Take *Oil of sweet Almonds,*

Syrup of Red Poppies, of each an Ounce and half:

Of Meconium, half an Ounce.

Mix, and make a Linctus; to be taken at Pleasure, with a little of the Apozem after it.

IF the Cough continues obstinate, we must use Balsamick Pills and Spaw Waters.

Take *Powder of Wood-Lice prepar'd, three Drams:*

Of the finest Gum Ammoniack, a Dram and half:

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Of

Of the Flowers of Benjamin, two Scruples :

Extract of Saffron,

Balsam of Peru, of each half a Scruple :

Balsam of Sulphur, as much as is sufficient.

Mix them, and make them into Pills of a moderate Size; wrap them up in Liquorice-Powder; take three of them twice or thrice a Day, and either drink a Draught of Spaw-Water after them, or of the Pectoral Apozem, just now mention'd.

Take Sarsa-Root slic'd, eight Ounces :

China-Root slic'd, four Ounces :

Maidenhair and Coltsfoot, of each two Handfuls :

Great Daisy-Flowers, two Handfuls :

Raisins of the Sun ston'd, six Ounces :

Liquorice slic'd, an Ounce :

Anise-seeds, two Drams.

Mix, and make a Bag for four Gallons of middling Ale; infuse them, and let the Patient use it for ordinary Liquor.

The Patient should live in a dry and moderately warm Country Air, or travel into an Air that is such.

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THE second Stage, according to *Morton*, is what I here call the third, and ought to be manag'd in the following Manner: The Hectical Heat must be abated, the Lungs must be defended against fresh Influxes of Matter, and therefore the Humours must be discharg'd.

To evacuate the Matter further, and to prevent the Danger of an Inflammation, we may draw away Blood sparingly; we may continue the Issues, and Blisters; but to answer the other Ends, Balsamicks, Opiates, and altering Medicines, are to be made use of: To wit, Milk or Chalybeat Waters, of the light Kind, are requir'd; or Jellies, thick Broths, and Phlegmatick Waters. Wherefore proceed thus:

Take *Wood-Lice prepar'd, half a Dram:*
Crabs Eyes prepar'd, one Dram:
Red Coral, one Dram and half:
Powder of White Amber, two Scruples:

Mix them, and make a Powder, which divide into eight Papers, of which, let one be taken three times a Day, in a Spoonful of the following Julep, drinking a Draught of it after it.

Take *Of Cordial Milk-Water,*
Of Black-Cherry Water, of each half
a Pint:

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Of small Cinnamon-Water, six Ounces:

Of prepar'd Pearl, half an Ounce:

Of fine Sugar, as much as suffices.

Make a Julep.

LET them therefore proceed in this third, or *Morton's second, Degree*, as in the first, but more Caution must be us'd; and all the mucilaginous Medicines must be given, to lenify the Passages, and defend them from the Acrimony of the Humours: Such are Raisins, Dates, Almonds, Oils of Almonds and Linseed, Gum Tragacanth, Shavings of Hartshorn, and the like; and they must sedulously avoid all Cold, or Passions of the Mind: Let them use chalybeat Waters, or Milk.

IN the last Stage, the Peripneumonick Fever must be cur'd, if there be one, and an Ulcer must be prevented or palliated: Bleeding answers the Inflammation; and let them

Take Fine Salt-petre, one Dram and half:

Tartar purified, one Dram:

Fine Sugar, half an Ounce:

Mix, and make a Powder, to be divided into thirteen Papers; take one every four Hours, in a Spoonful of any cool Julep, and drink a Draught after it.

They

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They may Blister also, in this Inflammation, and Ptisan is a proper Liquor. And

Take Oil of sweet Almonds new-drawn, one Ounce:

Syrup of Maidenhair, an Ounce and half:

Sugar-Candy, one Dram.

Mix, and make a Linctus, of which take a Spoonful every Hour, in a Draught of the Pectoral Drink already mention'd.

IF an Ulcer be bred, as is known by the yellow and bloody Matter spit up, and by a periodical Fever, that goes and comes like an Intermitting Fever; all that can be done in this Case, is to proceed in the Use of the Pectoral Linctus's, Apozems, Cordial Powders, and Julep, as well as the same Diet as before; for this last Case is not curable; and all that can be done, is to curb the Flux, or stop the Sweats: Wherefore

Take Cordial Milk-Water, six Ounces:

Cinnamon-Water, one Ounce and half:

Diafscordium, two Drams.

Mix, and make a Cordial Mixture; of which let the Patient take four or five Spoonfuls

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Spoonfuls after every Stool, if they have a Flux upon them.

Take Of Plantane-Water, (or of Oak-Bud-Water) six Ounces :

Small Cinnamon-Water, four Ounces :

Aqua Mirabilis, one Ounce :

Pearl and Coral prepar'd, of each one Scruple :

Chalk powder'd, half a Dram :

True-Bole and Dragons-Blood, of each fifteen Grains :

Japan Earth, ten Grains :

Spirit of Vitriol, as much as to sharpen:

Syrup of Myrtles, one Ounce.

Mix, and make a Julep; of which let the Patient take six Spoonfuls every fourth Hour, if they sweat much.

Take Balsamick Syrup, two Ounces :

Liquid Laudanum, two Scruples :

Mix them, and take one Spoonful every Hour, or every two Hours, if the Cough be very troublesome.

Take Black-Cherry Water, three Ounces :

Mint Water, two Ounces :

Cold Cinnamon Water, one Ounce :

Salt of Wormwood, half a Dram :

Juice of Lemons, half an Ounce :

Liquid

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Liquid Laudanum, thirty Drops:

Fine Sugar, as much as suffices.

Take three Spoonfuls, if the Vomiting be troublesome.

AND these are the Directions proper for Travellers that labour under an original and acute Consumption; but many are ill of chronical Consumptions, or of symptomatical ones of the chronical Kind; and these want other Directions than have been inserted here: Wherefore I refer you to the *Asthma* to cure them. However, it sometimes happens that asthmatical Persons do also turn consumptive; and when they do, they must be cur'd as I have here mention'd.

HAVING thus briefly consider'd what may happen to Travellers from the Air, we will now take a View of what happens to them from the Diet they meet with upon the Seas and Roads: In the first Place, they are apt to offend by eating too plentifully, and sometimes they contract Diseases, out of mere Want; the latter is more common at Sea, and the former at Land: However, to speak according to our Experience, more suffer from Excess, than Want: Wantonness is a Fault all Travellers are subject to; even the most penurious fall into this Way of Thinking, on Journies: From Excess we meet with Diseases of Plenitude; and
Pains

Pains in the Head do frequently happen from hence.

P A I N S of the H E A D.

ARE of many Kinds: They are Internal, or External; they are Effential, or Sympathetical; they are Hot, or Cold; and so forth.

IN the warm States of Blood, the Pain is acute, pungent, and very troublesome; but in the phlegmatick, it is a heavy and dull Pain; and the Colour of the Face is pale, and the Temperament is cool.

IN the warm and cholerick State, the Blood is acrimonious and salt; and Salts being of a Form fitted to prick and fret the Membranes they pass through, they produce these Effects of causing very sensible Pains; but in the phlegmatick State, the Blood moves slowly, and distends without pricking the Parts: Hence arises a dull and stretching Pain.

IT appears then, that if the Diet Travellers feed upon, be hot, and be eaten in a plentiful Manner, that the Blood will be fill'd with all those Particles that can tear, prick, and fret the Parts, that can stimulate the Heart and Arteries, and make the Pulse run quick, and that can make the Blood hot, and introduce a warm Temperament, or make the Face red, by entering into the
minute

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minute Arteries, as well as give a high Tincture to the Urine.

BUT where the Salts are few, because the Diet affords few, the Blood grows gross and void of any Poignancy; then the Pulse moves slow, the Pressure of the Blood to the Extremities, is not performed, Serum sticks in the Extremities, the Water is pale, and void of any Colour, having neither Salts nor Sulphurs to make it so.

THE warm Head-aches drive the Patients into Madness, and the cold into Lethargies, more especially if the inner Part of the Head be affected, which is known by the Violence of the Symptoms.

As for the Cure of these different Head-aches, it is necessary to observe, that as they invade the Itinerant from plentiful Feeding, they all require Discharges: In the warm ones, Bleeding is the principal, and in the cold ones, Purging and Blisters are requir'd: Wherefore in the cholerick Head-ach, draw Blood from the Arm, according to the Violence of the Head-ach, and the Strength of the Patient; but in the phlegmatick, purge with the following Pills.

Take *Mercurius Dulcis*, eight Grains:

Pills of Cochicæ, the lesser, twenty Grains:

Oil of Cloves or Nutmegs, four Drops:

Make

†

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Make

†

Make five Pills, to be taken in a Morning, with a proper Regimen, that is, they must keep warm that Day, and drink Broth.

In both Cases, proper Discharges being made, it will be convenient and expedient to proceed to altering Remedies. *In the hot States,*

Take Asses Milk, half a Pint, in a Morning, With a Scruple of Crabs Eyes in the first Spoonful :

Drinking the rest above it.

It may be objected, that *Hippocrates* blames Milk in Head-aches, but this is really no Objection to us at this 'Time o' Day, because Milk wou'd increase a Head-ach from Phlegm, but will cure one produc'd from Salts. Let them take a Scruple of Salt Prunella, in a Glas of Spaw or any other Water, twice a Day, and when Discharges and altering Medicines have succeeded, then Opiates may be call'd into Play, if the Pain requires them.

In the phlegmatick Head-ach, proceed in the following Manner :

Take

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Take *Cephalick Water*, three Ounces :
Bawm Water, six Ounces :
Sal Volatile Oleosum, one Dram :
Sugar, what suffices.

Mix, and take two Spoonfuls often in a Day.

This *Cephalick Water* is made after the following Manner :

Take *Flowers of Lilly of the Valley*, eight Handfuls :
Rhenish Wine, two Pounds.

Let them stand together to infuse, for thirteen Days and Nights; then add *Peony Flowers*, three Handfuls; let these stand for three Days and Nights, then distil them off.

In this distill'd Water, let stand

Flowers of Lavender, *Rosemary*, and
Arabick Stæchas, of each one Handful :

Cloves, two Drams :

Nutmegs, one Dram and half :

Cubeb Seeds, one Dram :

Fresh Peony Root, one Ounce.

Let

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*Let them stand in Infusion, distill again,
and to this last Liquor add black Cher-
ries bruised, one handful.*

Or,

*Take Eight or ten Grains of the following
Epileptick Extract dissolv'd in a
Glass of White-Wine, twice a Day.*

The Epileptick Extract.

*Take Russia Castor, one Ounce and a half:
Of Amber, two Ounces:
Of Mistletoe of the Oak, one Ounce:
Yellow Saunders half an Ounce:
Species Diambrae, half an Ounce:
Peony Seeds, two Drams:
Flowers of Lime-Tree,
——Of Peony, of each half an Ounce:
Mace and Galingal, of each one Dram
and a half:*

*Make an Infusion in Spirit of Wine, then
extract it, adding,*

*Volatile Salt of Hartshorn, three Drams:
Of Cinnabar native, two Drams:
Of Pearl prepar'd, half an Ounce:
Of Opium, half a Dram:*

*Mix them well, and make up an Extract
for Pains in the Head from Phlegm.*

In

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In fine, volatile Salt of Hartshorn alone, if taken to forty or fifty Drops in Wine twice or thrice a Day, has a good Power in dispersing heavy Head-aches.

EPILEPSIES.

PERSONS subject to Fits of the Falling Evil, shou'd not Travel at all; they give Uneasiness to their Company, and they themselves must necessarily suffer much, because they may not be pitied by their Companions, nay, may possibly be avoided and deserted by them. I therefore don't here suppose that any habitual Epileptick will venture to put himself upon a Road, I speak only of such as by a Change of Diet fall into these Fits; which may readily happen thus: They who indulge themselves in hot Weather in drinking *Rhenish* and *Mosell* Wines, or in eating raw and sour Fruits, which are sour and viscous, their Stomachs being crowded with such unwholesom Victuals, their Blood snatches all these unwholsom Parts into it, and the Spirits are tainted with the sensible Qualities that are in their Victuals; nothing can then be expected, but Mischiefs of any Kind: when the Nerves are affected, the Muscles are in a near Condition to be attack'd, and being passive in this Case, they will be drawn, as those are; our Diet ought so to

M be

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be ordered upon the Road, that too moist Diet shou'd be temper'd with drying Things, heating Things should be temper'd with Coolers, fat Meats must be blended with lean, sour Diet shou'd be mix'd along with sweet Things, and by this Method we shall prevent the Consequences of ill Management in our Victuals.

SINCE then Travellers are seiz'd with Fits of this Kind, from the Faults in eating and drinking, I advise a gentle Vomit, as one of the first Remedies, because by it the Fuel is in great measure taken off; when this is done, let the Blood Vessels also be emptied by gentle Physick: For Example,

Take *Rhubarb in Powder, two Drams:*
Cold Cinnamon-Water, three Ounces:

Infuse these all Night over the Embers; in the Morning, add Syrup of Succory with Rhubarb, half an Ounce, and strain out all, and take it.

Take *Native Cinnabar, one Scruple:*
Volatile Salt of Hartshorn, ten Grains.
Conserve of Rosemary Flowers, two Drams:

Make four Bolus's, of which take one every sixth Hour, drinking above it each

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each Time six Spoonfuls of the following Julep.

Take *Bawm and black Cherry-Water*, of each
four Ounces:

Gum Ammoniac, one Dram:

Galbanum, half a Dram,

Mix, and make a Julep.

These Remedies will suffice to relieve a Fit,
or the Disposition to one: But if after all,
Fits of it shou'd often return, and you have
made proper Discharges, take forty of the
following Drops.

Take *Sal Volatile Oleosum*, one Ounce:

Liquid Laudanum, half an Ounce:

*Mix, and make a Mixture, to be taken
to forty or fifty Drops in a Glass of any
Simple-Water before a Fit.*

CRUDITIES.

TRAVELLERS are oblig'd to obey
the Calls of their Guides, for their Times
of setting out and up; and where they are
often forc'd to travel assoon as they have
din'd, the excessive Motion their Victuals
undergo just after their being swallowed
down, causes Winds, Inflations, Colicks,

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Oppressions, Distensions, Gripes, and an infinite Variety of other Symptoms, all which proceed from the Victuals being too hastily toss'd up and down in the Stomach, and so jumbled into Atoms of Air; hence it is almost a standing Rule among Travellers to eat a sparing Dinner, and to make it out at Night with a good Supper, when Rest may be taken, which digests better than strong Exercise; however, I don't make this Rule so universal as to encourage over-eating one's self; because a Load of Victuals creates an uneasy Rest, and often Night-Mares.

It is not only the Load of Meat that raises Crudities, but moreover they often offend in their bad Qualities, so that acid Things thrown in do breed an acid Crudity, and Salt or Fat breed a cholerick Chyle, and the same may be said of all the Diet Travellers feed upon; namely, that they are liable to introduce some Sort of Change in the Fluids, and to imprint their Damage on the Cavity of the Stomach first, because they are first lodg'd there.

It is to be consider'd how far the Stomach, is vitiated, and what peculiar Fault it labours under, that you may know what Sort of Things to take, and how long they are to be taken; in which Circumstances, you are to be directed by the Sorts of Secretion, for either the Victuals tend to a Sourness or Corruption, in which Cases the first

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first thing to be done is to take a gentle Vomit, then in a *four Crudity*, where they belch up *four Matter*,

Take *Powder of Zedoary*, one Dram:

Of Crabs Eyes, two Drams:

Of Chalk half a Dram:

Mix, and make a Powder, which divide into ten equal Parts, take one of them Morning and Evening in a Glas of good Canary, till the Sourness and Fulness ceases.

In the corrupt Crudity, where they belch up somewhat stinking and fat,

Take *Elixir Proprietatis* one Ounce:

Spirit of Salt or of Vitriol, two Drams:

Digest these together, then strain it out, and take thirty Drops after Meals in a Glas of Rhenish.

And if the Traveller has nothing better at Hand, Sack in the *four*, and Rhenish in the stinking Belchings are convenient Liquors; as also Mint, Sage, Horse Radish, Mustard, or Pepper are convenient for Salads in the *four Crudity*, but Sorrel, Lettice, Raspberries, Cherries, and such cooling and

four Fruit are proper in the stinking Cru-
dities.

CACHEXIES.

DISEASES are certainly the Offspring of Diet; in which if we offend eminently and for any Time, it is impossible but the Blood must be of the same Nature with what we feed upon; that is, if what they eat and drink consists of volatile, oily Salts, probably and most probably the Blood will be of the same Nature; and so on the other Hand, if what they live upon be viscid, the Blood will be of that Nature.

By the Word *Cachexy* is meant, in so many Words, an ill Habit; but most commonly speaking we mean that State of Blood, where the Blood is Phlegmatick, the Colour is pale, and white Swellings accompany it. Women, Children and aged Persons are most subject to this Disease, because their Fibres are weak and their Diet is irregular, and they eat without measure; it is known by the following Signs: their Face is generally pale and bloated, and their Skin is soft; if they were before of a good Complexion, yet when they become ill of this Disease, their Skins do then turn pale; they grow weary with little or no Exercise, and hate to stir about; they complain of a Coldness of their Limbs, which
does

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does not give Way to the use of Fires; they have a dull heavy Pain in their Heads, and an Inclination to sleep; they become stupid and dull of Apprehension, they find great Difficulty of Breathing, especially in mounting up any Stairs or up Hill; they lose their Stomachs, they generally are costive, their natural Fluxes are suppress'd, their Water is pale and muddy, their Pulse is slow and weak, and at last they grow weak and feeble, and unable to stir at all.

It differs from an anasarcaous Dropsy only in Degree, for once an ill Habit is confirm'd, their Legs become dropfical, and pit upon pressing them.

It appears evidently, that the immediate Cause of this Disease is Obstructions all over the Body, but particularly in the Extremities, where the Lymph being gross, does not return, but stagnates in the small Branches; and therefore the first Cause must needs be a great Grossness of Blood in the Vessels which abounding in them, all the Secretions must favour and partake of this general Charge: The Original of all which I have here assigned, is the Diet of Travellers, which is of the greatest Consequence, in the hindring or introducing Diseases; whoever therefore feeds on the Road upon gross, glutinous, viscous Victuals, that are hard of Digestion, do frequently fall into Cachexies, Beef, old and tough Meat, Pork,
M 4 Hare,

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Hare, Venison, and Fish of a harder Consistence, such as Eels, and the like, all salted and dry'd Meats, as Bacon, hung Salmon and such Things, more especially unripe Fruits, as Plumbs, Apples, Melons, Cucumbers, Medlars, &c. Lettice, Cabbage, Beans, Pease, &c. nor can new Cheese be deem'd proper, or new Bread, or the Extremities of Animals, which are gelatinous; and such Food are hard of Digestion, because they are hard in their Fibres, and because their Juices are viscous; wherefore the Chyle will be viscid; and as it is a Maxim in Physick, that Faults in the first Concoction are rarely mended in the second or third, it follows, that all the Juices being made of the Chyle, they will be such as it is. Eating more than can be digested, altho' the Victuals be of good Nutriment, does the same Thing, as eating or drinking such Things as are crude; for altho' they be of good Juice and easy of Digestion, yet if they ben't chew'd enough, and you play the Glutton, you will find Indigestion succeed; for the Beginning of Concoction is plac'd in the Mouth, where the Victuals shou'd be chew'd well, and mixed with the Spittle, and diluted with a proper Quantity of good Liquor, by all which their Fibres are rendred soft and capable of being squeez'd out into Chyle, and so to be fitted for entring the Blood; yet Caution must be

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be taken, that we don't dilute their Victuals too much, neither must their Liquors be compos'd of too watry or too viscous or rapid and spiritless Parts; nor yet must strong Liquors be swill'd too plentifully in, because they increase Perspiration too much, and exhale the Blood so much as to render it gross. I speak not here of the absurd Diet that Women and Children are subject to swallow.

HAVING thus shew'd the Traveller what he must avoid, I shall direct him how to proceed if he is attack'd with a Cachexy: He is then to open all Obstructions, to make the Blood thin, and promote the Circulation; let him therefore proceed in the following Manner.

Take *Mercurius Dulcis*, ten Grains:

Resin of Julep, six Grains:

Lenitive Electuary, one Dram:

Syrup of Cloves, as much as will serve to make a soft Bolus;

Which he is to take in the Morning, and he is to repeat this Dose for three or four Times, at proper Distances. Then

Take The Bark and Wood of *Guaiacum*, of each one Ounce and a half:

Sassafras-Wood, one Ounce:

Rosemary Tops,

Ground-Ivy,

Carduus

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Carduus Leaves, of each two Handfuls:

Daucus Seeds, three Drams:

Cinnamon, two Drams:

White Tartar, two Drams and a half:

Cut and bruise these Things, and infuse them in White-Wine one Gallon; let them stand for four and twenty Hours; strain them out and add Spirit of Salt Armoniac one Dram:

Make an Apozeme, let the Patient drink a Draught of this every Day in Bed Morning and Evening, not so as to sweat, but so as to warm him for so long a Time as he finds Benefit.

Or,

*Take Angelica Roots,
Elecampane Roots, of each one Ounce:*

Digest them in Spirit of Wine, till the Tincture be very strong, then filter thro' Cap-Paper, and evaporate the Spirit of Wine, till there remain an Extract at Bottom, as thick as Honey.

Take this Extract, and add to it Volatile Salt of Hartshorn, one Dram.

Mix

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Mix all well together, and make an Extract, which keep close; take fifteen Grains of this, Morning and Evening, in a Glass of any strong Wine, till their Colour returns, and all their Symptoms vanish.

Suppression of URINE.

THIS Disease Travellers are subject to, who drink new Wines, before they are fully wrought; for because they are sweet, and agreeable to the Palate, Travellers are delighted with them; and as they are gross and thick, they stop the Secretion of Urine: This is a very common Symptom with Strangers who indulge in these Liquors unadvisedly; wherefore the best Diuretick in this Case, is the following.

Take Oil of Nutmegs, two Drams:

Oil of Juniper, half an Ounce:

Sal Volatile Oleosum, one Dram:

Mix them, digest them together, and take forty Drops in old Wine, twice a Day. Forbear, for the future, new Wine.

THERE is another Symptom which arises from new Wines, very common to our English, and that is a Flux of Humours or a Purging; which is cur'd with Rhubarb, and

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and then with Diascordium, as I have said already on a Flux, p. 9.

It often happens, also, to Travellers that go towards the Sun, that their Thirst is intolerable, and they can hardly forbear drinking large Quantities of cold Spring Water; from whence it happens, that their Stomachs are highly inflam'd. This Mistake cannot be better corrected, than by Bleeding immediately, as soon as they are seiz'd, and to take Diaphoreticks to dissolve the coagulated Matter. Wherefore

*Take Extract of Juniper, or of Electuary of
Laurel-Berries, one Scruple:
Volatile Salt of Hartshorn, five Grains:
Oil of Nutmegs, two Drops.*

Mix, and make a Bolus, to be taken Morning and Evening, drinking above it a Draught of the following Emulsion warm.

*Take Seeds of Carduus, two Drams:
Cordial Milk-Water, three Ounces.*

Make an Emulsion; to which add

*Volatile Salt of Hartshorn, two Grains:
Sugar-candy, one Dram.*

Mix, and make an Emulsion, for one Draught.

HAVING

HAVING taken Notice of most, or of the most principal Diseases that attend Travellers on account of their Mismanagement in Diet, it will now be necessary to take Notice of the Diseases that may be produc'd by their excessive Motion: All Men who take long Journeys on Horseback, are apt to be shaken much in their Loins, and therefore it is that such Persons do generally provide themselves with Surcingles of Tick, to lace about them, to keep their Muscles from being too much shaken: But this is common to all; some over and above are subject to Ruptures, from Travelling, which I shall shew how to prevent and cure, when produc'd.

A R U P T U R E.

THIS is a Tumour rais'd in the Groin, by the Excess of Motion on Journeys; it is a Change of Situation, where the Intestines or Caul fall down into the Groin, or into the Cods. The Cause of this is either a Dilation, or a Breach of the Membrane that covers the inner Side of the Belly. This Swelling is easily distinguish'd from a common Tumour, because it returns into the Belly, by changing their Posture, or by a little Force.

THE Swelling I here understand is the Falling of the Gut into the Groin or Cod,
which

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which gives great Pain, and which, when it retires into the Belly again, makes a croaking Noise.

THE Cure, as far as can be done upon a Journey, is in the following Manner: Let the Traveller be plac'd with his Heels elevated, and he must lie upon his Back, and his whole Body shou'd so hang, as that his Head shou'd be lowest, and his Heels the highest in Position; thus does it often happen that the Gut returns of Course, or however, warm Bottles full of Water applied to the Feet, and warm Flannels applied to the Groin, along with this low Posture, have restor'd the Gut, when other common Methods have fail'd: But if these Methods shou'd not take Effect, then the Surgeon or Friend must with a warm Hand endeavour gently to thrust up, towards the Navel, the Swelling; but if the Gut shou'd be full of Excrements, or of Wind, in this Case a Glister ought to be given, in the Form and Quantity here nam'd.

Take *Mallow-Leaves, one Handful:*
Aniseeds, half an Ounce.

Boil these together, strain them out to half a Pint of the Decoction;

Add Oil of Almonds, one Ounce:
Oil of Juniper, one Dram.

Mix,

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Mix, and make a Glistre, to be thrown in.

Apply, also, an emollient and discutient Fomentation or Cataplasm, to the Swelling, made of the following Things :

Take *Marshmallow-Roots, half an Ounce :*

Briony Roots, one Ounce :

Lilly Roots, two Ounces :

Dill and Pellitory of the Wall, of each one Handful :

Fenugreek and Line-Seed, of each one Ounce.

Boil all these in Milk, to a Softness; bruise them in a Mortar, to a Pap; add Barley-Meal, as much as suffices. Boil them over again in fresh Milk, to the Consistence of a Hasty Pudding; mix and make a Poultefs, to be apply'd warm to the Part, and to be renew'd as often as it cools.

If, notwithstanding, all these Things shou'd not succeed, then does it become Surgeon's Work; but if these do, and the Guts return, the Traveller must then endeavour to keep up the Guts by a Truss, or a Bandage made on the Part, and internally consolidating Remedies shou'd be given, which
heal

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heal up the Breach, and purse up the Parts to their ordinary Tone. To this End,

Take *Tincture Antiphthisick*, one Ounce:

Give thirty Drops of this twice a Day, in Red Wine.

As every one may not know the Composition of this Tincture, I shall here give the Process.

The Antiphthisick TINCTURE.

Take Of *Salt of Steel* and of *Sugar of Lead*, of each equal Parts:

Beat them in a Mortar till they become a Pap; then pour on rectified Spirit of Wine, to cover the Ingredients above four Fingers; let them be digested in a Sand Heat till the Spirit be deeply tinctur'd; decant it off clear, and this is the Tincture.

The P I L E S.

THESE are Swellings in the *Anus*, which are caus'd by the Pressure and erect Posture to which Travellers must submit; the Parts being sorely press'd together by sitting

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sitting on Saddles not too soft, or upon cold Seats on the Roads, by which Accidents the Blood is hinder'd in its Return, and consequently a Swelling comes upon the Fundament, of various Sizes, according to the Quantity of gross Humours stagnating there; if they are very troublesome, they often bleed and unload themselves; but if they only swell, they are very troublesome, and sometimes dangerous, because they are apt to turn into Gangrenes.

THE Method that ought to be taken to relieve them, must be by first Bleeding in the Arm, to a sufficient Quantity; that is, to ten or twelve Ounces: Then may we at once relieve the Costiveness too often attending, and the Tumour, by the following Means:

Take *Æthiops Mineral, half a Scruple:*
Brimstone in Powder, five Grains:
Crabs Eyes and Volatile Salt of Hartshorn, of each four Grains:
Lenitive Electuary, half a Dram.

Mix, and make a Bolus, which take thrice a Day.

Take *Ointment of Populeon, one Ounce:*
Burnt Cork, one Dram:
Balaustin Flowers powder'd, one Scruple:

N

Opium

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*Opium dissolv'd in Oil, five Grains:
Sugar of Lead, four Grains.*

Mix, and make an Ointment, which apply on Cotton, and keep it bound on with a Bandage, the upper Part of which must go about the Body, and the under Part must come under the Thighs, and so tye upon the fore Part of the Bandage, and keeps on the Ointment.

Simple G O N O R R H O E A.

THIS happens mostly to those who ride Post, and to such, particularly, as are of a weakly Constitution; the Shocks given by the odd Creatures rid upon, for such, as Travellers meet with upon the Road, are seldom the best. This Disorder does not at all border upon the virulent one, or that commonly call'd the *Clap*, because it is contracted merely from the Force of Exercise; the retentive Faculty is hurt by the Arrival of Matter at a weaken'd Part.

THE Body by excessive Motion grows hot, and the Blood grows thin, and if it be sharp, it is easy to conceive how it flows from the prostate Glands; for the constant and continu'd Exercise draws Humours to the lower Parts in abundance. When Parts are loaden with Humours of any Kind, they will be tumefy'd, and if there be any Part
for

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for their ready Conveyance, they will flow forth; thus the Prostates swell, and throw out their Contents.

ALL Fluxes that weaken, ought to be regarded; and as this is a Consequence of a Defluxion of Humours upon these Glands, we are to study to avert it from thence, and then are we to strengthen them.

THE first Thing to be done, is to bleed to a sufficient Quantity, in order to calm the Blood's Motion to the lower Parts; because this both discharges the Fulness, and diverts the Motion; then are we to cool the Blood by giving Emulsions. For Example,

Take *The four large Cold Seeds, of each two Drams:*

Blanch'd Almonds, sixteen:

Barley Water, two Pounds.

Beat them in a Mortar, express the Juice.

Mix Salt Prunella, one Dram:

Syrup of Marshmallows, two Ounces.

Mix, and make an Emulsion, of which drink at pleasure.

Take *Conserve of Roses, one Ounce and half:*

Spirit of Vitriol, twenty Drops:

Dragons Blood, one Dram:

Japan Earth, one Scruple:

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*Red Coral, one Dram and half:
Syrup of Lemons, what is sufficient.*

*Mix, and make an Electuary; of which
take the Quantity of a Nutmeg twice a
Day, drinking above it, six Spoonfuls of
the following Julep.*

*Take Plantane Water, eight Ounces:
Cold Cinnamon Water, two Ounces:
Spirit of Vinegar, one Ounce:
Sugar of Lead, ten Grains:
Syrup of Coral, one Ounce.*

Mix, and make a Julep.

As for the Ointments commonly order'd
on this Occasion, I see little Use they are of,
and I believe these will be sufficient.

B L O O D Y W A T E R.

THE same excessive Motion that brings
on a simple Running of the Reins, does
also, sometimes, cause a Pissing of Blood;
the Blood is render'd thinner by Exercise,
and the Vessels are distended, and open'd,
from which Gaping the Blood issues.

HENCE all that seems to be requir'd
in this Case, is to quell the Motion of the
Blood, to thicken it, and to stop up the Lake
that is sprung.

B L E E D-

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BLEEDING is one of the first and principal Reliefs to be expected, which by abating the Quantity, takes off the Distension, and causes the Vessels to come nearer together, and helps them to close up. The cooling of the Blood is done by drinking plentifully of Milk and Water, in which a little Gum Arabick is boil'd; and for the closing up the Vessels, the following will suffice;

Take *True Bole Armeniack,*
Terra Lemnia, of each one Dram:
Gum Arabick, half a Dram:
Conserve of Red Roses, one Ounce and half:
Syrup of Red Roses, as much as will serve to make a soft Electuary;

Of which take the Bigness of a Nutmeg thrice a Day, drinking above it, four Spoonfuls of the following Julep.

Take *Oak-Bud Water, eight Ounces:*
Spirit of Vinegar, one Ounce:
Cold Cinnamon Water, two Ounces:
Red Coral in Powder, one Dram:
Syrup of Comfrey, one Ounce.

Mix, and make a Julep.

C H A F I N G.

T H I S is a very troublesome Accident in a Journey, and takes away the Pleasure of it; riding on Horse-back occasions it: I have seen some so tender, that nothing cou'd ever prevent this Malady.

A s we are at no Loss for the Cause of it, the Pressure is great, and the Friction wears the scarf Skin off, and as some Persons Skin is more tender than others, it is no Wonder they suffer accordingly.

W H E N the Disorder is slight, rubbing the Place with a little Hogs Lard, or bathing it with a little cold or warm Water, often proves a Remedy for it; or bathing the Place with a Decoction of Rose-Buds, and putting a little Allum to it, or wearing a Hare's Skin next the Flesh; but if it be very troublesome, the best Method is to make up a Mixture of Red Lead and Nut Oil, and dawb this upon the bare Place. It will soon dry, and become a Defence, as well as a Cure of the excoriated Part.

L O A T H I N G and V O M I T I N G.

U P O N the Sea this is not an uncommon Accident; and at Land tender and sickly People are subject to these Vomitings; it is not at all surprizing that excessive Motion
shou'd

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shou'd bring the Nerves into Consent, and cause them to act too forcibly upon the Stomach: The Shocks the whole Oeconomy suffers on the Road, will bear me out in this Reason assign'd; but it is not so easy to account for Sea-Sickness; however, the continual Agitation and Rolling of a Ship affects us, as much as other Motions, because remove into the Middle Part of a Vessel, and there the Sickness abates.

It is easy to account for Sea-Sickness causing a Vomiting, as to account for the same Accident from any Fright; because in the latter the Nerves are plainly concern'd, and that of Sea-Sickness is partly from Fright, partly from an unusual Motion young Travellers have not been accusom'd to.

IN general, this Loathing ought to be brought to a Vomiting, and that ought to be carried off by a little warm Water, or by the Powder of Ipecacuanha, or by Oxymel of Squills, in the following Manner:

Take *Fifteen Grains of Ipecacuanha Powder:*
Balsamick Syrup, as much as to make
it into a Bolus.

Take it, and wash your Stomach well with
warm Water, and vomit well with it.

Or,

Take *Oxymel of Squills*, two Ounces.

Either give it all at once, or take in a Glass of warm Water half an Ounce at a Time, till you have taken it all; and vomit with this.

When you have done this, and have by i remov'd all Phlegm or Choler that rested upon the Stomach, you are then to consider this Symptom, as you wou'd an hysteric Case, or as a nervous Malady, in which the Spirits are mainly concern'd; therefore if it be continual and grievous,

Take *Powder ad Guttetam*, one Dram:

Castor of Russia, twenty Grains:

Venice Treacle, two Drams:

Syrup of White Poppies, as much as will make four Bolus's.

Take one every fourth, fifth, or sixth Hour, according to its Violence, drinking above it, six Spoonfuls of the following Julep.

Take *Mint Water*, eight Ounces:

Cold Cinnamon Water, two Ounces:

Oil

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Oil of Cinnamon (in Sugar) ten Drops:

*Syrup (or Juice) of Lemons, one Ounce,
(half an Ounce:)*

*Salt of Wormwood, one Dram, half a
Dram:*

*Syrup of White Poppies, one Ounce
and a half:*

Mix, and make a Julep.

These few Remedies, manag'd rightly, will cure the Sickneſs, which has prov'd fatal to ſome; and I muſt here remark how fond it is in many to expect that long vomiting by ſuch a Sickneſs, ſhou'd be of any Service to Travellers, more than if it were excited by a Vomit given out of the Shops, or by other Humours lodging in the Stomach; for whenever it proves exceſſive it is a Symptom, and muſt then be taken care of and remov'd, and as we are very ſure this Sickneſs is only the Effect of the irregular Motion of the animal Spirits into the Nerves and Muſcles, thoſe Remedies which have prov'd of Service in thoſe, will be uſeful in theſe: It is true, that when the Perſons can come aſhoar from Sea, it were better for them to go by Land; but I ſpeak of ſuch as are already engag'd in a long Voyage, and there is no Retreat allow'd them.

COSTIVE-

C O S T I V E N E S S.

THIS brings on a vast Train of Evils, namely the Colick, the dry Dropsy, a Breach of Vessels, and many other Maladies; it happens from sitting for a long Time together in Boats, or Chariots; the Damages from this Suppression may be accounted for in the following brief Manner: The Dryness of the Surface of the Bowels causes the Excrements to stick close to them; when they are retain'd, their Steams fill up the Bowels and distend them, and in such a Manner that I have seen the Intestines broke with their Violence; this Dryness happens either from an indiscreet Use of binding Diet, such as bad Fruits, or by the Heat of the Weather, or by the excessive Motion on the Road.

LET what Cause soever introduce a Costiveness, it ought to be reliev'd or prevented; it must be reliev'd in the following Manner.

Take *Fifteen Grains, of the Mass of Pil. Rudii:*

Cream of Tartar, five Grains:

Syrup of Balsam of Tolu what suffices.

Make four Pills, to be taken going to Bed.

But

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But to prevent such an Inconvenience, it were well for such Persons to take one Dram or two of *Glauber's* Salt, in a Draught of Water-Gruel, at Bed-time.

The Venereal and Common S C A B.

THE Inns, Travellers lodge at; are often nasty; and if you are not oblig'd to be Bed-fellow to a Stranger, at least you often have their Sheets unwashed, and tainted with Particles of every Kind.

NOTHING does sooner communicate it self, than the Itch or Scab; and I have had it sacredly affirmed to me, that no other Method of receiving this Malady has been known to the Diseas'd, than such a Force put upon them, as to lie in the Sheets of infected Persons.

DOUBTLESS the Scales and Steams are alike thrown off the infected Body, and as the Warmth of the Bed is troublesome to such Persons, it melting down the Salts and giving them Motion, they itch and scratch all Night, and leave a good deal of Infection behind them sticking to the Sheets, which perhaps are only water'd and press'd, and gently dry'd, and are laid for you to lie upon.

It were happy if we cou'd find a Way to discover this Cheat; however by smelling at the Sheets a great deal may be guess'd

guess'd at; for Sheets that have never been us'd have no Marks, but what the folding gives them; and they smell strong of Soap; whereas if they have been laid upon, they smell of Sweat.

SCABS thus communicated, are to be cur'd as soon as may be, lest they taint the whole Mass of Blood, for whilst they are fresh they are only local, and may be readily reliev'd.

WHEREFORE, wash your Hands and Skin with Soap lather'd in a Decoction of Guaiacum, in the following Manner.

Take One Ounce of the Wood of Guaiacum:

Boil it in a Quart of Water down to a Pint; add to this half an Ounce of Soap; dissolve it, and warm it when you use it, wash all over with this Lather.

Or,

Take The Herb Fumitory and Soapwort, of each a Handful:

Bryony and Elecampane Roots, of each one Ounce:

Great Dock Roots, half an Ounce:

Brimstone one Ounce:

Vitriol (the green) two Drams:

Tartar, half an Ounce:

Boil

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*Boil all these in Water, and make enough
of it to bathe in at Night.*

Travellers ought seldom to use Mercurials outwardly, however its internal Use becomes absolutely necessary, where the Scab begins to take footing. Wherefore,

Take *Mercurius Dulcis*, six Grains:
Flower of Brimstone, ten Grains:
Conserve of red Roses, one Scruple:
Syrup of Cloves, as much as will make a
Bolus.

*Which ought to be taken at Bed-time, for
three Nights consequently. Then,*

Take *Pill-Cochiæ the lesser*, one Scruple:
Volatile Salt of Hartshorn, four Grains:
Syrup Balsamick, what is sufficient to
make four Pills.
To be taken in the Morning.

This Method is the most successful next to a Salivation, to carry off either a venereal Itch, or indeed any other Taint, as Experience has taught me, that a Salivation will do.

VERMIN.

THE Beds we are forc'd to lie in upon the Roads, are not always too neat and clean,

clean, and are therefore liable to catch Lice, and other Nastiness: This indeed is not so common in *England*; but in other Countries that are warmer, and where they abound in nasty Furniture, and the People are a lazy and fluttish Set of Mortals, nothing is more common.

THE Nits that are left behind by the Heat of Travellers lodging in Beds, do breed and make them, and there is but one Method to prevent this Inconvenience, and that is to change your Cloaths and Linnen very often, for these Creatures are found to nestle in foul Linnen, that has been sullied with Sweat, and as they are a very breeding Insect, they soon become alive by being hatch'd in such a Nest; the Way to destroy them effectually is either to dip the Shirts in salt Water, or in a Decoction of some bitter Plants after they are wash'd, and to dry them and then to put them on: Or to rub the Pleats of your Linnen with some mercurial Ointment, such as the Unguentum Neapolitanum, or with some Stavesacre in Powder, and mixt with any Ointment, for these will effectually destroy them.

WATCHINGS and RAVINGS.

THE Obligations Travellers take upon themselves, tie them down to a Number of Days, and even of Hours to perform their
their

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their Journeys in; I have known a Person oblig'd to ride two hundred and odd Miles in thirty Hours, which is above seven Miles an Hour; and how much must he suffer for want of Rest and Feeding, as well as upon the Account of the excessive Motion? At the End of such a Fatigue, it may happen that such a Person will not sleep, the want of Rest has the Consequence of making him lose his Senses. I have often found by Experience, that People who have been under Concern, and have watch'd for a long Time together, when their Trouble has been past, have endeavour'd in vain to sleep, and yet strong Opiates have not their proper Effects here: Cooling Emulsions are the most proper Remedies to assist these Persons: For Example,

Take *White Poppy Seeds, two Drams :*

*The four cold larger Seeds, of each
three Drams :*

*Beat them in a Mortar, and add to them
two Pounds of Barley-Water; express
the Milky-Liquor, and add two Ounces
of red Poppy Syrup, Salt Petre, a Dram:*

*Make an Emulsion, of which drink a
Gill or two at Bed-time.*

PALPI-

PALPITATION.

THIS is a Disease belonging to the Heart, which observes no Time in its Pulsation, but upon any Surprize is accelerated and jumps irregularly: Passions of the Mind have great Influence upon the Heart, they hasten or retard its Motion; and the Pulse being an Appendage of the Heart, beats as that does; but the Heart it self beats according to the Supply of Spirits it has from the Brain: If therefore the Nerves give great Plenty to the Heart, it will contract it self fast, and repeat its Stroaks, then will the Pulse be quicken'd; if they afford but few, the Heart will contract it self slowly, and the Pulse will be slow: If therefore the Nerves be convuls'd and irregularly tremble, the Heart will also be mov'd in Proportion, and will occasion this Palpitation or Beating of the Heart.

THESE Passions being avoided, the Heart comes again to its regular Pulsations; but if it shou'd have brought on a lasting Palpitation, then ought they to apply to the following Method.

Take *Russia Castor*, one Scruple:
English Saffron, five Grains:
Powder ad Guttetam, half a Dram:
Conserve of Rue, two Drams:
Syrup

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*Syrup of Peony, as much as will make
a Mass.*

*Which divide into four Doses, one of which
take Morning and Evening, and drink
four Spoonfuls of the following Julep
after it.*

Take Rue Water, five Ounces:

Pennyroyal-Water, three Ounces:

Compound Briony-Water, two Ounces:

Spirit of Hartshorn, one Scruple:

Venice Treacle, two Drams:

*Mix, and make a Julep; of which also take
four Spoonfuls, if the Fit of the Pal-
pitation prove troublesom.*

In all Elasticities of the Nerves, this Method
will be of Use, that is, Whenever we find
the Spirits under any Hurry, or our Nerves
to be convuls'd, as may be discover'd by in-
voluntary Motions, or such Motions, as we
cannot help or regulate by Reason; for Ex-
ample, the Fingers or Jaw or Leg are
mov'd and drawn up against our Inclination;
Then, I say, this Method will be of Service.

An Effusion of BILE.

BY this is meant that Choler is thrown
into the Guts and Stomach, and they are
O thereby

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thereby liable to be twitch'd and grip'd; I have already spoke of Vomiting and Purging, occasion'd from various Causes, which give a great Variety to the Methods of Cure: This Case frequently happens to hypochondriack or hysterical Persons upon any violent Passion, to which they are very subject: It is therefore caus'd by the Hurry of the Spirits, which being put into Motion by the Force of the Passion, squeeze out the Contents of the Glands, and the Guts are loaden with Gall and other Liquors confounded together, they are strongly stimulated by the Salts of these Humours, and then they either vomit or purge, or both.

THE Origin of all which is an excessive Motion of the Spirits, and therefore the Cure of all must be originally procur'd by allaying this Storm within: I know Numbers under these Circumstances, and therefore a Life of Trouble is to them a perpetual Disease, and nothing will relieve them but either to take off the Occasions, or to take Remedies continually.

IN this Case neither Vomits nor Purges are conducive, because they shock the Nerves, and make them throw off the Spirits too plentifully into these Channels: The only Method there is left with Safety to such miserable Creatures, is to try to make their Nerves so rigid as to resist every such Motion, that is to strengthen them,
or

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or to make them lax so as not to obey every such Hurry.

WHEREFORE either let them take the following Pills, which have been much experienc'd;

Take *Affafetida*, one Scruple:

Gum Galbanum, half a Scruple:

— *Ammoniack*, fifteen Grains:

Mix, and make Pills of a small size, of which take three, Morning and Evening, in a Spoonful of Black Cherry-Water, drinking a little more of it afterwards.

Or,

Take *Volatile Salt of Hartshorn*, one Scruple:

Steel or Iron in fine Powder, one Dram:

Extract of Gentian, two Scruples:

Balsam of Peru, so many Drops as will serve to make small Pills.

Take three Morning and Evening, in a Spoonful of the following Julep, drinking four Spoonfuls afterwards.

Take *Black Cherry-Water*, four Ounces:

Rue-Water, six Ounces:

Compound Peony-Water, two Ounces:

Confection of Fracastorius, two Drams:

O 2

Syrup

*Syrup of white Poppy, four Drams:**Pouder of Crabs-Eyes, one Dram:**Mix, and make a Julep.*

Opiates and Astringents have a good Effect for stopping the Flux or Vomiting, proceeding from this Hurry in the Fits themselves; but I hold it safer out of the Fits to depend upon the former Recipe: Wherefore both Methods are advisable according to the Seasons; which being explain'd, I shall leave this Point.

COAGULATIONS.

IT is certain that our Blood is apt upon certain Occasions to turn much thicker than usually it does, and that Frights on the Roads and Seas frequently do produce this Effect; that Liquors will have such an Effect, we are very well assur'd of by the Deaths of Persons drinking great Quantities of strong and spirituous Things, Dissections confirm all this. It is not very easy to determine how far Blood may grow thick before it coagulates; nor is it an easy Matter to dissolve Blood that is once coagulated: We may prevent this Effect; but once it is generated, there is hardly any Return, because a Solid is not easily, at least readily, reduc'd into a Liquid: Blood coagulated out
of

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of our Vessels is made liquid again by volatile and fix'd Salts, because they can be immediately apply'd and are in full Force, whereas being taken by the Mouth their Force is broken, and they come but by Piece-meal to the Vessels, where the Blood stagnates: However such Remedies must take their Chance; hence

Take *Sperma Ceti*, one Dram:

Volatile Salt of Vipers, one Scruple:

Conserve of Rosemary-Flowers, two Drams:

Syrup of Orange-Peel:

Make a Mass to be divided into four Bolus's, one of which take every fourth Hour, drinking six Spoonfuls of the following Expression after it.

Take *Hogs Lice* call'd *Millepedes*, one hundred:

Saffron in Pouder, one Scruple:

Milk-Water, call'd (*Alexiterick*) one Pound:

Compound Bryony-Water, two Ounces:

Bruise these Insects in a Mortar along with the Saffron; then gently mix the Waters along with the Ingredients; then press out the Juice, and take it as order'd.

In all Stagnations of Blood, it is necessary to take Blood away according to the Exigencies; but where Humours stagnate, it will be necessary to take Physick.

B R U I S E S.

FALLS on the Road are very common Accidents, and ought to be manag'd with Nicety: It can't be suppos'd that I wou'd here foresee every minute Accident from Falls and Bruises, but I shall descend to such as will provide against the most common Prejudices receiv'd from thence.

THE natural Consequence of a Fall is the Compression, at least, if not a Breach, of the Fibres where they forcibly touch the Ground or compressing Body, and these Compressions are to be measur'd by the *Height* from whence the Traveller falls, from the Velocity with which he is projected, from the Weight of the Person thrown down, and from the Hardness of the Place on which he falls.

It is hardly possible but the Fall will stop the circulating Fluids, and producing Pain, the Blood hastens to the injur'd Part, and afresh will the Blood be hindred in its Passage; for this Reason, the Patient must have Blood drawn away in a plentiful Manner, particularly if any of the Viscera or inward Parts are injur'd; whether the
Head,

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Head, the Breast, or Belly; the Bleeding unloads the Vessels, prevents its running fast to the Part where it will not pass freely, and consequently an Inflammation or other dangerous Symptoms; they must at the same Time abstain from spirituous Liquors or heating Diet, and must insist on cooling Liquids, with a plentiful Hand. To the Part injur'd let the following Applications be made.

Take Ointment of Marsh-Mallows, one Ounce:

Sperma Ceti melted, two Drams:

Oil of Almonds, half an Ounce:

Volatile Salt of Hartshorn, half a Dram:

Venice Treacle, half an Ounce:

Mix, and make an Ointment to be rubb'd in well Morning and Evening, on which wear a Cap-Paper.

Take Sperma Ceti, two Drams:

Venice Treacle, half an Ounce:

Syrup of Balsam, what is sufficient.

Make a Mass, to be divided into four Bolus's, of which take one every five Hours, drinking above it, a small Draught of the following Apozem warm.

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Take *Pectoral Decoction*, one Pound:
Tincture of Saffron made with Wine,
one Ounce:
Syrup of Red Poppies, one Ounce and
half.

Mix, and make an Apozem.

W O U N D S.

TO these, also, are Travellers liable, upon Falls, or other unforeseen Events; and it is necessary to give some general Directions concerning them, that a Traveller may be as well assisting to his Company, as to himself.

WOUNDS are got three different Ways, namely, by Cuts, by Pricks, or Gun-shot; however, these Varieties of the Manner don't alter the Method of Cure; for a Wound is always cur'd in the same Manner, only the same Accidents don't attend all.

A WOUND, then, is to be cur'd by the following Prescriptions, and to be dress'd up to cover it from the Air.

Take *Lucatellus Balsam*, one Ounce:
Basilicon, one Ounce and half:
Balsam of Peru, one Dram,

Mix,

Mix, and make a Balsam, of which spread a little upon Cotton, or Tow, and lay it next the Wound; over this apply a Diachylum Plaster over the Dressings, then lay on a Bolster of Linen, folded four double; and tie all these on with a Bandage. Do this twice a Day, if the Wound run much.

When the Lips of the Wound begin to fall, and there is no Swelling around, then may you add to this Balsam, a little Powder of burnt Hartshorn, finely ground, two Drams, and dress with it till the Wound begins to heal up.

BUT as there are many Accidents, I shall give a small Detail of them for the Traveller's Benefit, and that he may be at no Loss, or may not be surpriz'd. The following Accidents are common after incis'd (or cut) and contus'd (or bruise'd) Wounds.

A BLEEDING, or a FLUX, of a starchy Matter.

YOU must lay on a Compress upon the Part, and tie it up; or you must sew up the Vessel, if it can be come at; or you may make up a little round Ball of Cotton, or Lint, and dip it into Aqua fortis, and apply it; or you may make a Mixture of
Whites

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Whites of Eggs, Dragons Blood, Bole Armoniack, and Hare's Hair cut small, and apply over all: But if the Wound be great, and a great Vessel is quite cut through, you must tye a Napkin round the Part above the Wound, and take a Stick and twist this hard to hinder the Blood from running out, which wou'd presently kill the Patient, till a Surgeon can be had to cut off the Limb: All this while, dress the Wound it self, as above,

An INFLAMMATION.

Take *Marshmallow Leaves*, one Handful:
Centory Tops, half a Handful:
Line Seeds and Fenugreek Seeds, of each
half an Ounce:
Onions roasted under the Embers.

Boil these in Water, and make a Fomentation, to which add rectified Spirit of Wine, four Ounces; bathe the Inflammation of the Wound (covering the Lips of the Wound all the while) with this, Morning and Evening, and dress the Wound as above.

A PAIN in the WOUND.

Take *Red Poppy Heads and Flowers*, one Handful:
Pellitory

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Pellitory of the Wall Leaves, half a Handful :

Seeds of Fenugreek, one Ounce.

Boil these in Milk, and make a Fomentation, wherewith bathe for half an Hour Morning and Evening ; and dress the Wound as above.

FUNGIOUS FLESH.

*Take Powder of Blue Vitriol, one Grain :
The aforesaid Balsam, as much as will
serve for a Dressing.*

*Mix them together, and apply them till
this Proud Flesh is eaten away ; or rub
the blue Vitriol Stone over the Proud
Flesh, and then dress as above.*

THE Accidents that attend *punctur'd* Wounds, are many, and dangerous, and to be cur'd in the following Manner :

If any *extraneous* Body be left in the Wounds, if it can be extracted without the Danger of tearing the Nerves or Tendons, or of creating Hæmorrhages, be sure to draw it out ; when this is done, then dress the Wound as above. If a *Flux* attend the Wound, so that the Patients are wasted by it, give them a Dose or two of Rhubarb ; give them Shell-Powders, White Decoction
and

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for TRAVELLERS. 203

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and

and Astringents; and all the while dress the Wound as is directed above. Purgings do great Harm to the Curing of Wounds, for Digestion is hinder'd thereby; and Wounds will look pale, and even will mortify under such Circumstances: Look, therefore, for the particular Cure of this Purging, into what is said before on that Occasion.

G A N G R E N E.

HAVING just now taken Notice, that Wounds are often in Danger of mortifying, lest such an Accident should be neglected, I shall observe to you, that a Wound is mortified when it looks black, smells, and loses all Sense: In this Case, the mortified Place must be scarified to the quick Flesh, and it shou'd then be bath'd with rectified Spirit of Wine, and dress'd up with *Ægyptiacum* Ointment, in order to cause a Separation of the Eschar, which done, and the Flesh appearing fresh and lively, and sensible, you must then dress as above: But in this Case it will be necessary to employ a skilful Person to take Care of you, only I have said somewhat to direct you till you can come at better Assistance. In Gangrenes, also, it is necessary to allow the Patient some Cordial Things, in which Case, the *Julep of Life* is very proper; but lest you shou'd be at any

Loss

for TRAVELLERS. 205

Loss to understand what this is, make it in the following Manner; namely,

Take *Sherry, or any other Wine that is comfortable, a Pint:*

Milk Water, half a Pint:

One Yolk of an Egg:

Twenty Drops of chymical Oil of Nutmegs dissolv'd in Sugar.

Mix these together, and give the Patient a Glass full of it often in a Day, as the Weakness of Spirits requires.

Poison'd WOUNDS.

VENOMOUS Creatures, such as Mad Dogs, Vipers, and such like, do wound by Puncture, and, moreover, do instil a Venom into the Wound they make; so that there necessarily concur a Wound and a Poison, which do afford a double Intention of Cure, to wit, the Poison is to be call'd forth, and the Wound is to be cur'd.

To perform these two Intentions, the Poison is first to be call'd out by the following Methods; you are to apply immediately, rectified Spirit of Wine to bathe with; you are to apply a Plaister of Venice Treacle, to scarify the Part, and to apply Cupping-Glasses, or to burn the Place with a hot Iron; you are to keep the Wound
conti-

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continually running, for six or eight Weeks, by proper Dressings, that is, you may use the Ointment or Balsam nam'd at first, and mix it with Salt of Tartar, and so keep the Wound always open for the nam'd Time. You are to administer inwardly, the following Things :

Take *Volatile Salt of Vipers, one Dram:*
Castor of Russia, half a Dram:
Conserve of Rosemary Flowers, two Drams:
Oil of Cloves, ten Drops:
Syrup of Saffron, as much as is convenient to make a Mass, which divide into four Bolus's, one of which take every fourth Hour, and drink the following Draught above it.

Take *Alexiterial Milk-Water, two Ounces:*
Aqua Mirabilis, two Drams:
Volatile Salt of Hartshorn, three Grains:
Venice Treacle, one Dram.

Mix, and make a Draught.

HAVING answer'd these Intentions sufficiently, you will find such Wounds to recover.

CON-

CONTUSIONS attending WOUNDS.

THESE are generally Breaches of the Vessels, and are to be heal'd as I have already observ'd on Bruises, and the Wound is to be dress'd as usual, that is, the Bruise is to be rubb'd with the Ointment, and the Wound is to be dress'd with the Balsam; and if the Contusion be so great as that Blood is effus'd, or spilt into any Cavity, Scarification must be made, and the Blood must be taken out, and the Wound must be dress'd with the Balsam.

THESE are the most common Accidents attending Wounds, and therefore I shall proceed to close these Sheets with one Observation more on

WOUNDS on TENDONS and NERVES.

I HAVE often mention'd Bleeding in these Sheets, as necessary to avert impending, and to cure present Ailments, and it is a great Pity that so necessary an Operation shou'd be liable to any Accidents; however, so it is that whilst we endeavour to relieve our selves by it, we are often thrown into the Danger of our Lives by the Hands of Bunglers; nay, and even sometimes of skilful Surgeons themselves, as many Experiments

periments have prov'd upon the most exalted Personages.

A TENDON is by all Physicians and Surgeons known to be the Extremity of a Muscle, but that the Muscle grows narrower and more compacted together, and more elastick than it is in the Body of it; and the Wound of a Muscle is not dangerous; whilst that of a Tendon threatens a great deal. These Tendons have all Sort of Vessels, but the Arteries being small, throw only the thinner Part of the Blood in them, not Blood it self. The Tendons, in short, have such an Assemblage of Nerves and Membranes closely united, as makes them much more sensible than the Muscles, that Wounds in them are dangerous and threaten Death.

By virtue of these Muscles and Tendons, Motion is perform'd. The Brain is an Organ that gives Spirits Separation from its Vessels call'd the Cortical Part, they running into the Muscle and Tendon, contract them, and cause the Elevation of Bodies; and as they act thus in a natural State, when a Tendon is hurt and wounded with a Lancet, this *Stimulus* causes these Spirits to flow too plentifully in, and move the Muscle and Tendon, when they are not in a Condition for Motion.

PUNCTURE is the chief Way that a Tendon is most hurt, and that whereby Mens Lives

Lives are most endanger'd; because a transverse Wound, by an Ax or Knife, cuts the Tendon wholly, and though the Action of the Part to which that Tendon is ty'd, be lost, yet the Patient avoids the exquisite Pain that attends the Pricking of a Tendon; for when once a Tendon is prick'd, some of its Fibres are disorder'd, and the rest draw contrary Ways, and tear it all to Pieces: Mean while conceive with your selves what Torture a Patient must undergo under this State.

To know whether a Nerve or Tendon be wounded, is easily attain'd to; for no sooner has the Patient been blooded, but terrible Symptoms follow; the Pain begins immediately, and is succeeded by an Influx of Humours into the wounded Part, from which the Part wounded, and all around, swells prodigiously; then, also, ensue Convulsions, Watchings, Ravings, and all other nervous Symptoms; nay, and a certain troublesome Numbness is felt in the Part, Fevers do necessarily supervene, with troublesome Shiverings, Vomitings, Faintings, and a large Train of dangerous Evils; somewhat serous and thin ouzes from the Wound, the Flesh grows spongy, and a Gangrene closes the Scene.

THESE Wounds are certainly the most dangerous of any yet known, and they become more grievous under an unskilful

P

Hand;

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Hand; the Wounds of Nerves are never cur'd without cutting the Nerve, which never re-unites; but Tendons will suffer an Operation, and do their Duty over again.

FROM what I have said, it appears, that Wounds of this Kind are very difficult to be heal'd; for so many Symptoms are to be obviated, that the Patient sinks before they can be answer'd. Since, therefore, in these Wounds the Pain is so very acute, and an Inflammation presses, you must endeavour first to alleviate these two, which is done by Bleeding principally, to a large Quantity; this cools the Blood, lessens its Motion, and prevents further Mischief: As for the Applications, they must be of a warm and soft Nature, and such as are call'd Nervous Remedies.

FOR the wounded Tendon, rub the Part all over with the following Liniment.

Take Oil of Worms, Fox and Human Fat,
of each one Ounce:
Juice of Worms, half an Ounce.

Mix, and make a Liniment.

FROM Antimony there is prepar'd a Balsam of a red Colour, and excellent Flavour, which is not known to many, and which is an excellent Remedy for wounded Tendons and Nerves; which is prepar'd thus:

Take

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Take *The Scoriae of Antimony prepar'd with*

Fixt Salt:

Water, as much as is sufficient:

Infuse them together, filter and evaporate the Water; then

Take *Of this Salt of Antimony, one Ounce:*

*Oils of Juniper, Anniseeds and Mint,
of each two Ounces:*

Spirit of Wine, one Ounce.

Mix all together, and digest in a Sand Furnace for twelve Hours, in a Retort of Glass; perhaps one Ounce will evaporate into the Receiver, the Remainder is a thick red Balsam, of an agreeable Taste, which being anointed on green Wounds, heals them presently, and which is a great Secret for Wounds of the Tendons and Nerves.

If, therefore, a Tendon be punctur'd, it must be consider'd whether it be a blind or an open Puncture; in the former Case, because there is Matter collected that can find no Passage to flow forth, nor any Way for Medicines to enter, there is a Necessity to dilate the Wound, by cutting the Skin to the Tendon, taking Care it be not touch'd with the Bistoury or Knife, and then the

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aforesaid Topicks are to be applied ; but if it be an open Puncture, it must be dilated enough, if Need be, and the Wound must be kept wide open, and drying Remedies are to be apply'd ; such are Turpentine, Gum Elemi, Opobalsam, Balsam of Peru, Balsam Capivi, Oils of Lavender, of Turpentine, Spirit of Wine, and the like : For in Wounds of Nerves and Tendons, Ointments do never agree, because they raise an Obstruction, and an Inflammation follows their Use. Turpentine, or its Oil, apply'd warm, are excellent in this Case ; which may be prepar'd in the following Manner :

Take *Oil of Turpentine, one Ounce :*
Spirit of Wine, one Dram :
Camphire, half a Dram.

Digest these together, and drop this Mixture warm upon the Place.

THIS Oil is so esteem'd by all Surgeons, that it has been us'd alone in this Case, and particularly by Parey to Charles the Ninth King of France, who was wounded in this Manner ; and over all he apply'd a Diapalma Plaister. The Way of applying these Remedies, is by dipping a Cotton Pledgit into the Oil, made hot, and apply'd to the bare Place ; and the following is a
very

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very good Topick for the same Ends and Purposes.

Take Oils of Turpentine and of St. John's Wort, of each six Drams:
Spirit of Wine, one Ounce and half:
Euphorbium, one Dram. Digest.

Or,

Take Turpentine, one Ounce:
Oil of Wax, two Drams:
One Yolk of an Egg:
Honey despum'd or scum'd, half an Ounce.

Mix, and make an Ointment.

Or,

Take Green Tops of St. John's Wort, one Handful:
Common Oil, six Pints.

Mix these together, and digest them; then add,

Turpentine, one Pound:
Earth Worms powder'd, three Ounces:
Saffron, one Dram.

Mix, and make a Liniment, to be apply'd warm.

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Saffron, one Dram.

Mix, and make a Liniment, to be apply'd warm.

Or,

Take *Fine Turpentine*, two Ounces :

Oil of Turpentine, one Dram and half :

Oil of Roses, four Ounces :

Earth Worms wash'd with Wine, one Ounce and half :

Madder, or *Dyer's-Weed-Root*, three Drams :

Seeds and Flowers of St. John's Wort, of each a Handful :

Rosemary, *Centory the lesser*, *Tarrow*, of each half a Handful :

Brimstone, half an Ounce.

Mix, digest, squeeze out, and make a Liment for the same Use.

Or,

Take *Euphorbium*, one Scruple :

Resinous Turpentine, half a Scruple :

Wax, a small Quantity.

Mix, and make an Ointment, to be apply'd.

Or,

Take *Flowers of Elder*, one Handful :

Oil of Turpentine, one Pound.

Infuse

for TRAVELLERS. 215

*Infuse them, digest, and strain out the Oil,
for use.*

By such Remedies as these, the Wound is to be treated so long, till by the Pain ceasing, and the Abatement of the other Symptoms, there are Hopes of Recovery: However, the Pain and Inflammation are greatly to be regarded in the mean while.

To ease the Pain, we make use of the following Things with Success.

*Take Wheaten Bread Crums, half a Pound:
Flower of Marshmallow Roots, one
Ounce and half:
Flowers of Chamomile and Dill, of
each one Handful and Half:
One Yolk of an Egg.*

*Boil all these in a sufficient Quantity of
Milk, to the Consistence of a Hasty
Pudding, and apply it.*

Or,

*Take Wheaten Bread Crums, half a Pound:
Barley Meal, two Ounces:
Scordium, Rue, Flowers of Elder, of
each one Ounce:
Tops of Wormwood, half an Ounce.*

Mix, and make a Powder, and with a sufficient Quantity of Wine and Milk, make a Poultefs, by boiling to the Consistence of a Hasty Pudding.

THE Tendon being cur'd, you must close up the Wound, for which Purpose Sarcoticks, as they are call'd, must be apply'd; such are Frankincense, and various native Balsams and Gums, which by their drying Virtue, close and heal. The following is a good one.

Take Oil of Roses, two Ounces:

Oil of Turpentine, three Drams:

Juice of Plantane, half an Ounce:

Seeds of St. John's Wort bruis'd, half a Handful:

Tutty prepar'd, three Drams:

Lime ten times wash'd with Plantane-water, two Drams:

Antimony in Powder, one Dram:

Fat of Goats, five Drams:

Fat of Veal, four Drams:

Earth-worms wash'd with Wine, one Ounce and Half.

Boil all together (except the Tutty) in Barley-water and Wine, till both be consum'd; strain them, and put them on the Fire again: Add the Tutty, and with

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*with Wax and Saffron, of each a
Dram.*

*Mix them and make a Liniment, which is
cry'd up by Vigo as excellent in the Case.*

But if notwithstanding all these Remedies, the Patient shou'd grow worse, partly from the Violence of the Symptoms, partly from a Gangrene, and partly from a Wasting of the Flesh; it becomes then necessary to prevent Death and disregard Motion; hence cutting the Tendon quite asunder, becomes necessary: 'Tis better Part of the Man shou'd perish, than that the whole Man shou'd be destroy'd.

If the Tendon shou'd putrify and become an extraneous Body, as may happen from acrimonious Humours extravas'd; In such a Case the Tendon is to be cut, and the corrupted and cut Part is to be taken out; mean while Cataplasms are to be apply'd to appease the Pain, and promote Suppuration, and as soon as the corrupted Tendon offers, it is to be cut away: When this is cut off, all Opportunities for an Ulcer that wou'd creep, are cut off.

THE Union of Tendons, is greatly promoted by the following Powder: to wit,

Take *Serpents Skins cast off:*
Crabs Eyes powder'd, of each one Dram:
Mix,

Mix, and make a Powder, and with a sufficient Quantity of Wine and Milk, make a Poultice, by boiling to the Consistence of a Hasty Padding.

THE Tendon being cur'd, you must close up the Wound, for which Purpose Sarcoticks, as they are call'd, must be apply'd; such are Frankincense, and various native Balsams and Gums, which by their drying Virtue, close and heal. The following is a good one.

Take Oil of Roses, two Ounces:

Oil of Turpentine, three Drams:

Juice of Plantane, half an Ounce:

Seeds of St. John's Wort bruis'd, half a Handful:

Tutty prepar'd, three Drams:

Lime ten times wash'd with Plantane-water, two Drams:

Antimony in Powder, one Dram:

Fat of Goats, five Drams:

Fat of Veal, four Drams:

Earth-worms wash'd with Wine, one Ounce and Half.

Boil all together (except the Tutty) in Barley-water and Wine, till both be consum'd; strain them, and put them on the Fire again: Add the Tutty, and with

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Mix them and make a Liniment, which is cry'd up by Vigo as excellent in the Case.

But if notwithstanding all these Remedies, the Patient shou'd grow worse, partly from the Violence of the Symptoms, partly from a Gangrene, and partly from a Wasting of the Flesh; it becomes then necessary to prevent Death and disregard Motion; hence cutting the Tendon quite asunder, becomes necessary: 'Tis better Part of the Man shou'd perish, than that the whole Man shou'd be destroy'd.

If the Tendon shou'd putrify and become an extraneous Body, as may happen from acrimonious Humours extravas'd; In such a Case the Tendon is to be cut, and the corrupted and cut Part is to be taken out; mean while Cataplasms are to be apply'd to appease the Pain, and promote Suppuration, and as soon as the corrupted Tendon offers, it is to be cut away: When this is cut off, all Opportunities for an Ulcer that wou'd creep, are cut off.

THE Union of Tendons, is greatly promoted by the following Powder: to wit,

Take *Serpents Skins cast off:*

Crabs Eyes powder'd, of each one Dram:

Mix,

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*Mix, and make a Powder to be sprinkled
upon Tendons or Nerves wounded.*

But if all these Remedies fail, and the Symptoms don't abate, cutting the Tendon is the last Remedy; for thus Convulsions, Ravings, Gangrenes and other dangerous Evils, will be prevented, only with the Inconvenience of the Loss of the Motion of the Part; nay, if the Patient be solicitous about Motion, the Tendon can be sew'd together again.

How Surgeons are to sew the Tendon, I think it needless to say much; however the Needle is pass'd thro' the Tendon on each Side, by a wax'd Thread; and the Ligature has a small Bolster under it, dress'd with Oil of Turpentine, Spirit of Wine, and Oil of St. *John's* Wort.

THE next Thing to be regarded is the Symptoms, the chief of which is the *Sinovia* or Flux of a starch Matter from the Wound, which is dangerous, because it hinders the Healing of the Wound; it hurries on an Atrophy of the Part, of the whole Body, and at last Death it self: It is therefore presently to be stop'd, lest these dangerous Symptoms nam'd shou'd happen. But be cautious in stopping this Accident, lest other Evils ensue: For if this Matter be curb'd too much, Putrefaction begins, and
even

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even the Bones themselves will be corrupted, because the Matter is stopp'd at the Bottom; hence comes a greater Afflux of Matter, which if it be acrimonious, will either make sinuous Ulcers, or corrupt the Bones themselves: Both Internals and Externals are convenient, that will free the Body of deprav'd Humours, and consume their Quantity; and these Feats are done by Diaphoreticks and Catharticks: As for the external ones, they are either Bleeding, Cupping-Glasses, Leeches, and the like; for the Inflammation being abated by these, the Flux of Lymph, proceeding from these Causes, will be prevented.

In the Use of Topicks it must always be observ'd, that Anodynes and Appeasers of Pain are to be apply'd; the following being excellent for that End.

Take *Roots of Mallows and Marsh-Mallows,*
of each an Ounce:

Flowers of Chamomile,

of Melilot,

of Elder, of each a Handful:

of Ground Pine,

of red Roses, of each half a Handful:

of Fenugreek-Seeds, half an Ounce:

of Earth-Worms, one Ounce,
and a half:

Cut
†

Cut and Bruise them grossly, boil them in equal Parts of Milk and Water, and apply them warm, and repeat them as often as Occasion requires.

But before the Application, let the Part be embrocated with Oil of Worms, Oil of Lavender and Tincture of Castor: But if the Pain be attended with Inflammation, forbear the Oils, and apply the following Cataplasim, or some such like.

Take *Barley-Flower*, four Ounces:

Flowers of Betony,
of Red Roses,
of Balaustins, of each two
Drams:
Saffron, one Scruple:

Make these into a Poultice with a Decoction of Ground-pine, or Betony, or Melilot, adding towards the End two Yolks of Eggs: Apply it warm.

It wou'd do well to make use of the *Unguentum Album* camphorated, which is highly extoll'd. Moreover Defensatives, such as the defensive Plaster of *Felix Wurtz*, may be apply'd over all. Or,

Take

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Take *Barley-Flower*, four Ounces :

Bole Armoniack, one Ounce and a half :

Pomegranat Peel, powder'd,

Red Roses, powder'd,

Bistort Roots powder'd, of each two
Drams :

Make them up into a Cataplasm, and apply it.

And if better Remedies are not at Hand, and Necessity demands it, the Juice of the House-leek, the Leaves of Willow and of Oak, are convenient if they be mixt with the White of an Egg, and a little Vinegar, or even Vinegar alone, mix'd with Water; apply'd with a Cloth four double, and ty'd on: But you are to observe that Defensatives are not design'd to be apply'd to the Wound it self, only to the Parts about it.

Assoon as the Wound flows sparingly, then sprinkle the following Powder upon it.

Take *Powder of Oister-Shells*, one Ounce :

Skink Bones,

Jaw of a Pike calcin'd, of each two
Drams :

Burnt Ivory,

Scal'd

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Scal'd Earth, of each one Dram and a half:

Alum, one Scruple:

Mix, and make a Powder.

By this Mixture, the starchy Juice, call'd *Sinovia*, that us'd to run from the Wound, will be dry'd up; some for this End have apply'd the Powder of a human Skull and Gum Lacca, of each equal Parts, as a great Secret: *Wurtz Unguentum Fuscum* is highly commended also in this Case; and it is said by some, that if Hogs Dung be bak'd along with the Blood of the Wound, and be apply'd, it is a good Remedy in this Case: Many other Things are highly prais'd for this Accident, but I have nam'd enough of such Remedies as are easy to be gotten.

IN curing these Wounds, proud Flesh is a very common Symptom, which partly arises from the Debility of the wounded Part, when the Fibres are relax'd from various Causes, and principally from the Ignorance of the Surgeon; it is cur'd with Powder of burnt Alum, or of Crocus Metallorum; which if they be sprinkled upon this Flesh, they eat it gently down, and take it away: In this Case also the Ointment call'd *Ægyptiacum* apply'd, corrodes it: However it is more adviseable to try milder
Re-

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Remedies first, and such as dry without corroding: For Example,

Take *Orris Root*,

Flowers of Angelica, of each half an Ounce:

Round Birthwort,

Bark of Guaiacum, of each two Drams:

Mix these together, and make a Powder to be sprinkled on.

Or,

Take *Bean Meal*, two Ounces:

Savine Flower, one Ounce:

Pigeons Dung, two Ounces:

Rose-bud Powder,

Balaustins in Powder:

Wormwood in Powder, of each two Drams:

Sea Salt, two Ounces:

Make a Cataplasme with a Lye of Ashes boil'd, and apply it twice a Day, first applying the Powder as above, and leaving no Moisture upon the Part.

But if it be diminish'd and falls off,

Take Of the aforesaid Powder, two Drams:

Burnt Alum, one Scruple:

Burnt

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*Burnt Vitriol,
Red Mercury Precipitate, of each half
a Scruple:*

*Make a Powder to be sprinkled on, till it
goes quite away.*

Most Surgeons do now confine themselves to the Powder of Red Precipitate only, which they sprinkle upon the proud Flesh, and then dress up with proper Unguents above it.

It sometimes also happens that a *Gangrene* comes upon these Wounds from a Weakness of the Part, or from an Inflammation, where the Juices stagnate; and this is a very bad Sign: It is known by the Pain which in the Beginning is small, but in the Time of Suppuration it is greater, and which remits in the End; then the Part looks pale and blackish blue, grows soft, flabby, and the Cuticle separates; there remains some Sense, tho' a dull one: Inwardly the following Medicines are convenient, namely, Venice-Treacle, Diascordium, Spirit of Salt Armoniack, Bezoardick Tincture, Tinctures of Myrrh, Saffron, and Spirit of Wine camphorated: Outwardly, Tinctures of Aloes, Myrrh, and Camphire, apply'd upon doubled Cloths; and if these Things fail of their desir'd Effects, a Sphacelation happens:

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happens: One excellent Remedy is the following.

Take *Quick Lime*, half an Ounce:
Mercurius Dulcis, two Drams:
Spirit of Wine, four or six Ounces:

Mix, and apply it on the Part, and renew it often in a Day, first scarifying the Part, that the Medicine may penetrate.

Scarification ought to be very deep, if the Parts be dead, till Blood comes, and the Patient feels Pain: Some praise Wormwood boil'd in Well-Water, and the following Poultifs is much extoll'd.

Take *Rue*,
Scordium,
Sage, of each one Handful and a half;
Wormwood Tops,
Centory the lesser,
Melilot Flowers,
Lavender Flowers, of each one Pugil:

Gently boil these in small Spirits, to which add Bean Flower as much as will make a Poultifs, and a little camphorated Spirit of Wine, and a little Venice-Treacle.

Mix, and apply it warm.

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As often as the Surgeon dresses, he ought to take a little of the dead Part away with a Lancet or with Basilicon, and to the sound Part apply the following Defensative.

Take *Seal'd Earth,*
Bole Armoniack, of each half an Ounce:
Hartshorn prepar'd, one Dram:
Camphire, one Scruple:
Vinegar of Roses, one Ounce:
Oil of Roses, three Ounces:
One White of an Egg.

Mix, and make a Poultice, and apply it.

You may anoint around the mortified Part Butter of Antimony, which will hinder the Gangrene from creeping any farther, but if the Gangrene be small, the best of all is an actual Cautery, because that will take it away presently.

SOMETIMES where the Gangrene proceeds from too great a Tension by an Inflammation that has preceded, then is it necessary to have recourse to Cupping or Leeches, because these will take off the immediate Cause of this Tension; and if this be done in convenient Time, 'tis odds but you prevent an impending Gangrene.

THESE are what offer at present on this Head, and I hope they will be sufficient to relieve Travellers, and at least to let them know

know whether they are likely to be treated well by Persons, they may sometimes call in.

I shall present my Reader, as a Supplement to this Work, with a genuine Copy of a curious Letter sent by the late Dr. Radcliffe, to the late Duke of Ormonde, with a Box of Medicines, at his Grace's Desire, when he was obliged, as Commander in Chief of her late Majesty's Forces, to leave *England*, and, of Consequence, was under a Necessity of running some of those Hazards as to his Health, which inevitably attend Travellers, and to prevent which, it has been my only View and Design in these Sheets: And this, with a few necessary Remarks by Way of Explanation thereof, shall conclude all I have to offer to the Publick on this important Head.





A

Genuine LETTER

FROM

Dr. RADCLIFFE,

TO THE LATE

Duke of ORMONDE.

With MEDICINES directed for him conducive to the Preservation of his HEALTH, when abroad as Commander in Chief of her late Majesty's Forces in FLANDERS.

MY LORD,

“  HAVE order'd your Grace a
 “ Cordial Electuary: I would desire
 “ you at any time when you find
 “ your self Feverish, or Pains in
 “ your Limbs, or that you are taken with
 “ any Shivering, at Night when you go to
 “ bed, to take a Drachm of it, or the Quan-
 “ tity of a small Nutmeg, and to drink two
 “ or three Spoonfuls of the Treacle-water
 “ after

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“ after it. And this you may do every
“ Night, so long as the Fever or Pains shall
“ last.

“ I have also order'd a Cordial Confection.
“ If at any time you are troubled with
“ Gripes or Looseness, you may take a
“ Drachm or more of it Night and Morn-
“ ing; and drink two or three Spoonfuls
“ of the Plague-water after it.

“ If that you have any Looseness that
“ proceeds from a Surfeit, or Cold, or ill
“ Diet, then you may take twenty Grains
“ of *Rhubarb*, and put a Drachm of the
“ Cordial Confection to it, and drink two or
“ three Spoonfuls of the *Mirabilis-Water*
“ after it.

“ If that your Looseness continues with
“ Gripes, or Bloody Flux, then you may
“ take once in two or three Hours, a
“ Drachm of the Cordial Confection, and
“ drink some of the *Mirabilis-Water* after
“ it.

“ If that the Looseness, after two or
“ three Doses of the Cordial Confection,
“ is not cur'd, then, instead of the Cordial
“ Confection, you may take a Drachm of the
“ cordial Electuary, and drink two or three
“ Spoonfuls of the Treacle-water after it;

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" and this you may do till the Looseness
" is stopt.

" If at any time you should have the
" Colick, I have order'd you some Colick
" Pills; of which you may take three at
" Night going to rest, and drink two or
" three Spoonfuls of the *Plague-water*
" after it. If that the Pills do not take
" it away, then the next Morning you
" may take a Drachm of the Cordial Con-
" fection, or a Drachm of the Cordial Elec-
" tuary; and the next Night you may
" take three more of the Pills; and the
" next Morning some of the Cordial Con-
" fection, or Cordial Electuary, and drink
" a Draught of burn'd or scalded Wine
" after it.

" I have also ordered you some *Jesuits-*
" *Bark*, if it should chance that you
" should have an *Ague*; then after three
" Fits, you may begin with the *Jesuits-*
" *Bark*; as soon as the third Fit is over,
" you may take two Scruples of the *Bark*
" in a Draught of Wine and Water, every
" three Hours, till the Fit returns; then
" after the Fit, you may begin to take the
" *Bark* again after the same Manner, till
" you have taken twelve or fourteen Doses,
" and then you need take no more. If that
" is too bitter, you may sweeten it with
" Sugar,

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“ Sugar, or Sugar-Candy, to what degree
“ you like it best.

“ If it should chance that you should
“ have a continu'd Fever; at Night you
“ may take a Drachm of the Cordial Con-
“ fection, and drink some *Plague* Water, or
“ *Treacle* Water, or some of the *Cephalick*
“ Water after it; and in the Morning, you
“ may take a Scruple or thirty Grains of the
“ Cordial Powder in a Spoonful of any of
“ the Cordial Waters, and drink two Spoon-
“ fuls of any of the Cordial Waters after it.
“ If that you cannot rest, you may take
“ twenty or thirty Drops of the *Pacific*
“ Drops in some Posset-drink made with
“ Wine, and drink a Draught of the Posset-
“ drink warm after it. If you cannot get
“ Wine, you may make Posset-drink with
“ Beer or Ale, and boil some Sage in it;
“ and this you may drink at any time in
“ your Fever, and so you may continue
“ the Use of the *Pacific* Drops, or of the
“ Cordial Electuary, every Night that you
“ don't rest.

“ If that in your continu'd Fever, you
“ should chance, in some time in the Day
“ or Night, to have violent Exacerbations,
“ or Fits, then in the Fit you may take
“ twenty Grains of the Cordial Powder in a
“ Spoonful of the Cordial Waters, and drink

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“ a Draught of Sack-whey, or Wine Posset-
 “ drink, or Ale Posset-drink after it. If
 “ these Exacerbations continue, then as soon
 “ as the Fit is over, you may take the *Je-*
 “ *suits-Bark*, two Scruples at a time, in
 “ Wine, or Wine and Water, every three
 “ Hours, for twelve or fourteen Doses; and
 “ if it should chance to make you loose in
 “ the Body, and give you Stools, then you
 “ must forbear taking of it till the Looseness
 “ is stopt; and to take away the Looseness,
 “ you may take a Drachm of the Cordial
 “ Confection, or a Drachm of the Cordial
 “ Electuary, and drink some warm Posset-
 “ drink after it, or burn'd Wine; and as
 “ soon as the Looseness is stopt, you may
 “ then proceed to take on the *Bark*, till you
 “ have taken the Proportion: And if it
 “ should chance in the Fever, that you are
 “ Delirious, or Light-headed, or that you
 “ have any Difficulty of Breathing upon you,
 “ or that you have any Convulsions, then
 “ you may take some of the Blistering
 “ Plaister, and spread it upon Leather,
 “ which is cut out for that Use, and you
 “ may apply it between the Shoulders, and
 “ to the Arms, above and below the Elbow,
 “ to the fleshy Parts of the Arms, and let it
 “ lie on twelve or sixteen Hours; and then
 “ take it off, and take off the Skin, first
 “ clipping it round, and then put on the
 “ *Melilot* Plaister, spread upon the Cloth
 “ which

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“ which is in the Box, and let the Blisters
“ be dress’d once only in twenty-four Hours
“ with fresh *Melilot* Plaister so long as they
“ shall continue running. If that you have
“ any Strangury with the Blisters, you may
“ drink plentifully of Barley-Water and
“ Wine, or with *Almonds* beat in it like an
“ Emulsion.

“ If that you should chance to have any
“ violent Defluxion of Rheum, or a violent
“ Cough, you may either at Night take
“ twenty Drops or more of the *Pacific*
“ Drops in Wine and Water, or Posset-
“ drink, or you may take one of the Cordial
“ Pills; and you may continue this every
“ Night, till the Defluxion or Cough is
“ abated.

“ I HAVE also ordered some *Sal Volatile*
“ *Oleosum*, of which you may take thirty
“ or forty Drops in a Draught of Posset-
“ drink, or Wine and Water, if you are
“ faint, or cannot sweat in the Fever.

“ I HAVE also order’d some Spirit of
“ *Hartshorn*, which you may take twenty
“ or thirty Drops of in Wine and Water, or
“ Posset-drink, if you are faint in the Fe-
“ ver, and cannot sweat.

As

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" As for the Diet when you are in a
" Fever, you may drink plentifully of
" Water-gruels, or Barley-gruel, or Chic-
" ken-broth

" The Contents in the B O X.

- " There is a Bottle of *Cephalick Water*.
- " There is a Bottle of *Treacle Water*.
- " There is a Bottle of *Plague Water*.
- " And a Bottle of *Mirabilis Water*.
- " *And these are all Cordial Waters, and may*
" *be made use of equally as Cordial Waters.*
- " There is also a Pot of Cordial Electuary.
- " A Pot of Cordial Confection.
- " *Jesuits-Bark*.
- " *Sal Volatile Oleosum*.
- " Spirit of *Hartshorn*.
- " Cordial Pills for Coughs and Defluxions.
- " Colick Pills.
- " *Pacific Drops*.
- " Cordial Powders.
- " *Rhubarb*.
- " *Melilot Plaster*.
- " Blistering Plaster.
- " Leather for the Blistering Plaster.
- " And Cloth for the *Melilot Plaster*.
- " A Box with Weights and Scales, all pa-
" per'd and mark'd.

R E-



REFLECTIONS

On the aforegoing

LETTER.

Cordial Electuary, Treacle-Water.



THE Pains and Fever are Effects of the same Cause; if the Perspiration be check'd, as it may readily be done in great Personages, whose Indulgence in Ease and high Living at sometimes softens their Pores and relaxes them; but where Glory pushes them on to great Atchievements, and makes them venture upon the greatest Severities at others, so as to hazard their Lives in all Senses, and to shut up these same Pores, the Consequences are Fevers and Pains; the Fever may be a *Diary*, and is then easily conquer'd by such cordial Things

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Things as will promote Perspiration and Sweat; for as this Short Fever does always begin with some Fault committed in the Non-Naturals, the readiest Method of cutting it off in the Bud, is to correct that Fault; so if by excessive drinking, we ought to bleed, to take a Vomit, and to keep to cool Diet; and thus are these Day-Fevers often prevented from coming up to true and confirm'd Fevers: If they catch this Fever by Cold, as Generals themselves must be subject to, from having their Lodgings so near the Turf and Surface of the Earth, then must we aim at opening the Pores, and opening the Flood-Gates that have been shut up: In which Affair there needs a good deal of Discretion; for Example, some Persons do find by daily Experience, that let them take any Kind of Medicine whatever to provoke Sweats, that it never has its Effect, but on the contrary it heats and inflames them, and throws them into a Fever; on the other Hand, some do but take a gentle Remedy for this Purpose, and they will fall into excessive Sweats thereby. If the former Constitution catches Cold; there is no giving to such Persons any sweating Medicines, because they will immediately begin to burn and be thrown into a high Fever, wherefore such People shou'd forbear Diaphoretick Medicines to procure Sweat: But they who upon the least easy Remedy fall

fall into Sweats, and their Pores have been obstructed by the Severity of Weather, or by Cold caught by encamping in the open Field, may venture at Pleasure upon them: Such Persons are easily cur'd, if they are seiz'd with Colds that make them feverish, the Matter that is retain'd, is easily parted with, and then such cordial Remedies are requisite; they encrease the Blood's Motion to a moderate Degree, the Matter retain'd is thrown off apace, and the Tumult rais'd in the Juices, has not Leisure to mix intimately with the Blood, but is no sooner receiv'd than it is thrown out again: This Constitution is one of the most happy, for Fevers never fix upon such Persons; they may be feverish, but no more: Whereas they who rarely sweat, have the Misfortune of having their Pores often shut, but once they are lock'd up, it is the most difficult Work in Nature to get them open'd again. The Matter once retain'd being of an acrimonious Nature, ranges in the Vessels, nay, it encreases daily by a further Retention, the Blood keeps all it has receiv'd, and suffers nothing to pass off in a proper Manner, it begins presently to be disturb'd, to be intimately mix'd with the Juices, to deprave them and the nervous Juice, all Nature is unhing'd, the Water is red, but it does not separate; Pains, Trembling, Convulsions, Ravings, and a long Train of Symptoms
of

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of a frightful Nature commence, the Patient gets no Rest, but passes his Nights with tossing and tumbling from Side to Side; he loses his Appetite, but grows thirsty, his Tongue parches, and chops, if it does not also grow black; and with much ado is he recover'd of these Ailments. It is very easy to see that such a sick Person, is not to be treated with Medicines, that provoke Sweat; you must look out sharp, to prevent the Consequences of such a Retention; he must be cur'd by Bleeding, Vomiting, gentle Physick, Glisters, or Blisters; according to the Symptoms and Nature of the Fever; that is, some Discharges, to take off the Quantity lodg'd in the Vessels from the Retention of the Perspiration, must be made use of early, the Pores must be softened to give Outlet to this Matter, and the Blood must be made to move calmly on, and the Spirits must be supported in a proper Manner: We see how happily some Men are fram'd in Comparison with others, and how this Difference of Conformation alters the Measures of our Practitioners of Physick. Without a particular Knowledge of these Constitutions, no Man can practise with any tolerable Success: It ought therefore to be one chief Care of Physicians, to enquire into the peculiar Constitution of each Patient, because it saves both them and the Physicians a great deal of unnecessary

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ty Labour: Hence I give it as a Maxim, that every Physician shou'd religiously observe, to wit, That assoon as the Nature of the Disease is sufficiently understood, that is, assoon as they have found with what Name to dignify the Disease, assoon as they have narrowly inquir'd into all the Causes of it, and have therefore been let into the Secret of the Remedies; they ought to know of the Patient, that is a Stranger, what Remedies he has an Aversion for; whether he bears Bleeding well, whether a small Dose of Physick won't over-work him, if he is hard to vomit? and such Questions have this good Effect, that it guides us in the Choice of our Evacuations: For nothing is more certain, than that a gentle Dose of Physick will work very strongly upon some Constitutions; nor can some People take all Sort of Physick; to some Senna is poison, others cannot endure Rhubarb, and Mercurius Dulcis is so pernicious to some, that one Grain of it will work as strongly as Poison it self, how safe a Remedy soever it is, and how useful to most People, that are troubled with stubborn Cases: But these Things having been observ'd by all Mankind, I only have here hinted at them.

A C O R.

A CORDIAL CONFECTION.

GRIPES and Looseness, are the common Accidents from Cold; and in a more particular Manner, in the Autumn, because then the Air changes from hot to cold and moist, and moreover the Plenty of Fruit that has been devour'd in Summer, now putrifies in our Bodies, and serves to stimulate the Guts to this Malady; their Pleats retaining a great deal of it in them: Men of Fashion, Figure, and high Stations are liable to this Case, if at the same Time their Glory tempts them to expose themselves to the Severity of all Weathers; for their opulent Fortunes afford them wherewithal to feed upon the highest and richest Delicacies, their Liberality and Hospitality draws Company, and obliges them sometimes to Excesses, which their own Inclinations wou'd not prompt them to, and if Cold attacks such Persons, the whole Bent of it runs towards the Stomach, and they fall into Diarrhoea's very often.

It can't be denied that some Mens Constitutions cause every little Disorder to tend this Way, and this happens from a Weakness of Constitution, or from a Stomach troubled with Indigestion, or from a Thickness of the Skin, which never fails of making Men continually subject to this Disease.

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THERE is certainly, a great Difference in the manner of curing this Disorder, particularly if it be habitual; for the same Medicines cannot agree with all Constitutions; some being of a cholerick Habit, others of a phlegmatick Temperament, these Habits change our Indications.

WHEREFORE I shall observe to you wherein the Difference consists, and leave this Affair: In a *cholerick Flux*, the Body is hot, inclinable to a yellow Colour in their Faces, their Urine is yellow, and so are their Stools, they have no Appetite, but are very thirsty; in this Case the following Indications offer, to wit, to discharge the Bile, to correct it, and to curb the Flux.

For the first we may use the following
Physick.

Take Manna of Calabria, one Ounce:

Senna Leaves, half a Dram:

Cream of Tartar, one Dram:

Raisins of the Sun ston'd, two Drams:

Coriander Seeds, one Scruple:

Bruise and mix them, infuse them in boiling-Water for six Hours, strain them.

Add Syrup of Roses, one Ounce:

Cinnamon-Water, half an Ounce:

R

Mix,

*Mix, and make a Potion to be taken early
in the Morning.*

To satisfy the second Intention and correct
those bilious Humours, it will be convenient
for the Patient to take the following Medi-
cines twice a Day.

Take *Cream of Tartar, one Dram:*
Crabs Eyes and Pearl, of each half a
Dram:
Conserve of Wood Sorrel, two Drams:
Syrup of Lemons as much as suffices.

*Make four Bolus's, one of which take Morn-
ing and Evening, drinking a Glass of
the following Mixture upon it.*

Take *Bugloss-Water, half a Pound:*
Cold Cinnamon-Water, four Ounces:
Syrup of Lemons, one Ounce:
Pearl prepar'd, one Dram and a half:

Mix, and make a Julep, or Mixture.

And to answer the last Intention, that is to
curb the Flux, it will be convenient to take
the following Things.

Take *Juice of Acacia Germania, two Drams:*
Bole Armoniack, one Scruple:

Dias-

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Diafcardium, two Scruples:

*Syrup of white Poppies, as much as
suffices to make six Bolus's.*

*One of which is to be taken after every
Stool, drinking above it four Spoonfuls
of the following Julep.*

Take Cold Cinnamon-Water:

*Black Cherry-Water, of each four
Ounces:*

Spirit of Salt dulcified, twenty Drops:

Red Coral prepar'd:

Burnt Hartshorn, of each half a Dram:

*Syrup of dry Roses, as much as will
make a Julep.*

*Of which also take six Spoonfuls in their
faint Fits.*

But in the phlegmatick Flux, the Stools
are slimy, they complain of no Heat: on
the contrary they are cool and of a pale
Complexion, their Pulse is slow; they are
without Thirst, and have a tolerable Appe-
tite; their Water is pale.

IN this Case another Course is to be
steer'd, very different in some Respects from
the former, because the Discharges may be
stronger, the Alteratives must be warming,
and Astringents shou'd be mix'd up with
warm Remedies; for in this Case the

Stomach is relaxed, and the Humours abound with somewhat resembling an Acidity. Hence proceed in the following Manner.

Take *Rhubarb*, half a Dram:

Pills of Rudi, fifteen Grains:

Salt of Tartar, three Grains:

Infuse in Mint-Water, to four Ounces
strain'd.

Add Cinnamon-Water, three Drams:

Syrup of Blackthorn, six Drams:

Mix, and make a Draught to be taken early
in a Morning, and if the Habit be very
phlegmatick, repeat it for once or twice
at the Distance of two Days each time.

The Humours being discharg'd, they ought
to be alter'd, and the Fibres ought to be
strengthen'd in the following Manner.

Take *Candied Nutmegs*, two Drams:

Candied Orange Peel, two Ounces:

Candied Ginger, one Dram:

Pouder of Zedoary, two Scruples:

Syrup of Cloves, as much as suffices to
make a thin Electuary.

Of which take the Quantity of a Chestnut
Morning and Evening. drinking above it
six Spoonfuls of the following Julep.

Take

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Take *Mint Water*, six Ounces:

Cold Cinnamon Water, two Ounces:

Aqua Mirabilis, two Ounces and a half:

Salt of Wormwood, half a Dram:

Chymical Oil of Cloves or Nutmegs, dissolved in *Sugar*, ten Drops:

Sugar, as much as will make a *Julep*.

And for the last Intention, by which we endeavour to curb the Flux, the following are necessary.

Take *Diastordium* without *Honey*, one Dram and half:

Crabs Eyes, fifteen Grains:

Oil of Nutmegs express'd, four Grains:

Syrup of Cloves, as much as will make a *Bolus*.

To be taken after every loose Stool, drinking above it four Spoonfuls of the following *Julep*.

Take *Mint Water*, four Ounces:

Bawm Water, three Ounces:

Spirit of Mint, one Ounce:

Japan Earth, one Scruple:

Red Coral, one Dram:

Liquid Landanum, one Scruple:

R 3

Syrup

Syrup of White Poppies, one Ounce.

Mix, and make a Julep.

THERE is also a certain Flux which we call a *colligative one*, where a Hectick is the sole Cause of it; for the Humours being universally deprav'd and sharp, their Acrimony, where-ever it is secreted into, stimulates, and causes evident Signs of this Stimulation in every Function; so that in the Lungs there is a Cough; in the Urine a Strangury; in the Stomach a Vomiting; in the Guts a Flux; and so of the rest. This Sort of Flux requires nothing but what will temper the Acrimony, and allay the Irritation; hence obtunding Liquors and Drugs, such as Barley-Water, Milk, Chilibeat Waters of the weak Kind, Gum Arabick, Gum Tragacanth, and the like; and such as Opium, Venice Treacle, Diascordium, Liquid Laudanum, and the like: And lastly, Astringents; such as Dragons Blood, Japan Earth, Seal'd Earth, and Bole.

The JESUIT'S BARK.

ALL the World knows now, of what Efficacy the Bark is in Agues and Remitting Fevers; every Apprentice gives it for the same Ends; every Family takes it; and yet, what is somewhat strange, few give it

as they ought; the least Variety of Circumstances changes the Manner or Dose; and as few, nay, I think I may say, very few, are appriz'd of these hidden Circumstances, few must give it, as it ought; it wou'd require much Time to point out these Accidents that forbid its Use; and as I am now concluding these Sheets, it must be left to some distinguishing Head to give Instructions about it: Some have already mention'd a few Particulars, but there are too many left unmention'd, and not commonly known; whence it is that we find so many Relicts after Agues, some labouring under Obstructions, others under Spasms, and many dwindling into Consumptions; so that the very Remedies afforded us by the Almighty, are turn'd into Poison; and I am afraid it will ever remain so, for Reasons I cou'd readily name, and prove to a Demonstration.

THE Doctor seems to think it proper that Discharges shou'd precede the Use of the Bark, and he has Reason on his Side; he orders the Bark to be given only after the third Fit; For as every Fit discharges a large Quantity of Matter by Sweat, this Discharge is sufficient for a great many; and it is certain, that before we give Attenuants, it is always found necessary to make Discharges, as also it is found necessary to make Discharges before we begin to make use of the Cold Bath; the first is done lest the

Blood swelling greatly in the Vessels, by the Division of it into minuter Parts, shou'd break them; and the latter is done lest the Contraction of the Vessels, occasion'd by the Coldness of the Water, shou'd be impeded by the Bulk: I add no further Reasoning, but they who understand the Effects the Bark has upon the Juices and the Fibres, will comprehend me.

THE Bark is administer'd variously, as to its Quantity; some giving eight Doses, every third or fourth Hour a Dram, during the Intermission or Remission, and then they cease, and ten Days after repeat it; and the same is repeated ten Days after, for eight Times, that is, in all, they give twenty-four Doses. Others, again, give a Dose every four Hours, in the Intermission or Remission, for twenty Times end-ways. And, lastly, others give an Ounce at a Time, for three Times, out of the Fit. I shan't determine which Method is the best; but I shall observe, that the Bark does not seem to have the same Efficacy in an Ounce, that it had at its first Importation in a Dram; and perhaps we shall at last be oblig'd to have Recourse to some *Succedaneum*. If the *Indians* find the Sweet of Chicaning, they may encourage the Growth of the Tree in improper Soils; for certainly the Soil gives out some of its Virtue to the Plants; if that Earth shou'd be impregnated with contrary

Salts,

Salts, we may possibly at last have an ineffectual Jesuits Bark.

CORDIAL POWDERS.

THESE Shell-Powders are now constantly given in continual Fevers, till they bring the Water to subside, and then Patients generally begin to sweat out their Fevers; they are wash'd down with any Cordial Ju-
lep. Slow Fevers are what we in *England* most commonly labour under; for high ones generally carry themselves off in a few Days, by plentiful Sweats; for the Patients finding themselves vastly hot and parch'd, draw off a good deal of Blood, and dilute with Small Beer, or Limonade, or Small Sack-Whey, pretty freely, and lie quietly in Bed, and sweat out their Ails; whereas in the Slow Fevers, great Care is requir'd; for much Haste must be avoided: The Blood is thick, indeed; but yet it will be thinn'd its own Way: It requires Time and Skill. If you pretend to be too hasty and rash, the Fever attacks their Heads with Pains, Coma's, Ravings, and Convulsions; if you are too slow in your Proceedings, it deposite it self, and becomes at last immoveable: It is hard to know the just Medium. Having already spoke of this Disorder, I shall supersede any further mention of it.

PACIFIC DROPS

2 GREAT Discretion is requir'd in giving any Quieting Remedies in Fevers; they are Edge Tools, not to be trusted in every Hand; because I have seen dismal Accidents attend a small Dose of Laudanum improperly given. I hold it safer to procure Rest by a Blister, in Slow Fevers, than by any Opiates: It is true, you gain your Point; but then the Patients continue to rest longer than can be wish'd for. They are, however, sometimes necessary, and then they must be wisely blended with such Remedies as attenuate the Mass, and such as will hinder its Stagnation: Hence when no Expedient will answer to procure Rest, and there are Fears that the Patients will begin to rave for want of Rest, Venice Treacle may be given to procure Rest, and at the same Time to expel the Fever and its Cause, by the Pores.

*BLISTERS, SAL VOLATILE OLEOSUM,
SPIRIT of HARTSHORN.*

WITHOUT Blisters, in Fevers of the Slow Kind, nothing great can be done, as daily Experience convinces Mankind: Foreigners may decry their Use, and in some Countries they may not agree; but wherever in Slow Fevers any Symptoms attack the

the Patients, they must sink without their Assistance.

THE Doctor names two great Symptoms where they are certainly highly necessary; namely, a Difficulty of Breathing, and Convulsions; and there are more behind, where he knew they were adviseable also. How they act in these Cases, I need not mention, more than that they dissolve the Blood, put all the Fibres in Motion, hinder Stagnations, force forward the Humours, promote Secretions, and therefore cure Slow Fevers.

I must not cease to wonder why Apothecaries shou'd so frequently apply them in Hot Fevers for Revulsives, say they: Why, are Revulsives contrary to the Nature of the Cause? This is a Mystery not to be unriddled: If the Blood be plentiful, or if the Motion be violent, Bleeding surely is what we must revulse by: If Humours only abound, and there be no great Heat in the Blood, Catharticks and Blisters are requisite. But enough of this.

It is evident the Doctor believ'd Blisters came in Play with Volatile Spirits; for where Faintness of Spirits attacks us, there generally the Fever is slow, and these Drops are extemporaneous Recruiters of the Spirits: The Blisters act permanently, but these for a While only; because being very nimble in their Operation, they enter quickly, and do as quickly fly off; so that we are every
now

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now and then oblig'd to supply the Spirits by them.

They divide the Juices into very minute Parts; they cause the Blood to circulate faster; they therefore make the Blood come oftener at the Mouths of the Glands, and consequently increase the Secretions, and promote Sweats. But you are to observe, that Sweats ought never to be attempted in Common Fevers, till the Water subsides: This is universally true in flow and other Fevers that are of a common Stamp: As to Pestilential and Camp Fevers, I dare not pronounce; for there Men of all Ranks are liable to undergo very great Hardships, and to partake of the Stench of so many Thousand different Smells, either of living Creatures, or of Creatures unburied, or at least so carelessly interr'd, as to receive their Stenches into their Pores, and every where; and if in such a Case Fevers shou'd follow, who knows of what Kind of Particles these Stenches partake, and how far they will alter the Fluids? Wherefore a Plague it self may ensue; and if the Blood never offers to arrive at Concoction, what must a Physician do? I refer you to such as have treated largely on these Subjects, few of which have given me so much Satisfaction as wou'd answer the Pains of reading them. And this Point I look upon as one of the greatest Desideratum's in Physick.

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